

LE 18

SMOKY BEEF Koftas



Give tacos and burgers a night off for this fresh take on dinner. The complex flavours of the beef and sauce pair well with this charismatic Chilean red blend.

Yield: 4 servings

INGREDIENTS:

Koftas:

- 1 egg
- 2 tbsp finely chopped fresh mint
- 1 tsp ground cumin
- 1/2 tsp each salt, pepper and smoked paprika
- 2 cloves garlic, minced
- 1 lb medium or lean ground beef
- 8 soaked wooden skewers
- Olive oil

Garlicky Yogurt Mint Sauce:

- 1/2 cup thick plain Greek or Balkan-style yogurt
- 2 tbsp finely chopped fresh mint
- 1 tbsp olive oil
- 1 clove garlic, minced
- 1/4 tsp each salt and pepper

Optional accompaniments: Grilled flatbreads, cherry tomatoes, cucumber, feta and black olives

METHOD:

Koftas: Preheat broiler to high and position rack in upper third of oven.

Stir egg with mint, cumin, salt, pepper, paprika and garlic. Crumble in beef and mix gently to combine into 8-inch log. Chill in freezer for 10 minutes. Divide into 8 equal portions and form around the soaked skewers.

Brush all over with a little olive oil. Arrange koftas on a rack set over a foil-lined baking sheet. Broil, turning occasionally, for 10 minutes or until browned and no pink remains.

Garlicky Yogurt Mint Sauce: Stir yogurt with mint, olive oil, garlic, salt and pepper. Serve koftas with sauce and accompaniments of choice.

TIP: To cook on a barbecue: preheat grill to medium. Grill koftas, turning often, for 10 minutes or until well-marked and no pink remains. (If wooden skewers start to scorch, lay a strip of foil on the grate underneath as a shield.)



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