

Around the world takes us to Jordan next with Kofta bi Tahini

THIS S A STOCK SHOT. My photograph was dreadful! (as was my presentaton!) Please also note that the Lemon in this reciipe is overwhelming. Maybe just use one Lemon?

Ingredients:-

Tahini Kofta

For the Kofta:-

500 g minced beef
1 onion chopped
1 cup chopped parsley
1 tomato chopped
2 tablespoons olive oil
1/2 teaspoon salt
1 tsp All Spice
1 tsp Turmeric
1 tsp dried Mint
pinch of cardamom

For the topping:-

Potatoes sliced into thin rounds.

For the Tahini sauce:-

1 pot of Tahini
Juice of three lemons
Salt
4 cups Boiled water

kofta Method:-

(1) Very finely dice parsley and onion and add them to the minced Beef.
(2) Add the tomato, olive oil,salt and spices and knead them into the meat mix.

You can either spread the mix into a large oven proof casserole to cover the entire base or you can form the mix into ovals. If you go with the flat version, make indentations in the meat with your fingertips, this will help the meat take up the flavours of the sauce.

Bringing it all together:-

(1) Bake the Kofta in the oven for 20 minutes.
(2) Fry the sliced Potatoes, boil or bake them until they are slightly softened.
(3) Arrange the Potatoes on top of the Kofta.
(4) Mix Tahina and Lemon juice together, the Tahini will become lighter in consistency at first but it will thicken as you keep on mixing and become lighter in colour.
(5) Slowly add the water while stirring to keep the mixture smooth.
(6) Pour sauce over Kofta until you cover the Kofta and Potatoes.
(7) Cover the casserole with foil, poke a few holes in the foil to allow steam to escape.
(8) Bake in the oven on the lowest rack at 220c for 20 minutes.
(9) Remove the foil and cook until the sauce thickens.
(10) Brown under grill for 1-2 minutes

We served ours with Coleslaw and a bit of dressed salad. But really all we could taste was

Lemon - Lemon, oh and Lemon. Which we can still both taste this morning!