

## MIGHTY KOFTE

### Beef and lamb kofte

Serves 4, takes 25 minutes

- \* Onion - 1, large, peeled and diced
- \* Vegetable oil - a generous glug
- \* Ground cumin - 1 tsp
- \* Ground coriander - 1 tsp
- \* Ground cinnamon - 1 tsp
- \* Parsley - a big handful, chopped (stalks and leaves)
- \* Coriander - a big handful, chopped (stalks and leaves)
- \* Garlic - 2 cloves, peeled and diced
- \* Minced beef - 300g
- \* Minced lamb - 300g
- \* Egg - 1
- \* Salt - 1 tsp

In a large saucepan, fry the onion on a medium high heat with the oil, spices and the chopped stalks of the fresh herbs. Add a splash of water, cover the frying pan and leave to steam for five minutes, stirring occasionally. Then add the garlic and fry for a couple more minutes. Set aside.

Combine the remaining ingredients in a large bowl, along with plenty of fresh black pepper. Add the onion mixture and mix well with your hands. You'll reuse the frying pan so don't worry about washing up just yet.

Lay out a sheet of baking paper on a baking tray. Using your hands, make torpedo shaped meatballs, about 8cm long, and lay them on the baking sheet. Heat a generous glug of oil in the frying pan over a medium to high heat. Arrange the kofte in the pan (you should be able to get them all in) and leave to sizzle for a couple of minutes. Then turn them one by one and leave to sizzle again. Repeat twice more, in order to brown all four 'sides' of the kofte. It may seem fiddly but it will give you a nice even browning. I like mine nice and juicy, so I don't cook them for too long. You can serve them immediately, or at room temperature. You can also reheat them in a hot oven (if you have one) for a few minutes if you're making them in advance.

### Simple tahini sauce

Makes a small jar, takes 5 minutes

- \* Tahini - 4 tbsp
- \* Water - 4 tbsp
- \* Lemon - juice of 1/4
- \* Salt - 1/4 tsp

Whisk the tahini and water together in a jar. The mixture will thicken at first and should then even out. Add a touch more water once mixed if needed - you're aiming for the consistency of honey. Add the lemon juice and salt and mix to combine.

## **Roasted cauliflower, celery and cranberry salad**

Serves 4, takes 25 minutes

- \* *Cauliflower - 1, chopped into florets, leaves discarded*
- \* *Olive oil - a few glugs*
- \* *Zataar - 1 tbsp*
- \* *Celery - 2 sticks*
- \* *Dried cranberries - a handful*
- \* *Toasted hazelnuts - a handful, chopped*
- \* *Parsley - a handful, chopped*
- \* *Pomegranate molasses (optional) - 1 tbsp*
- \* *Allspice - 1/4 tsp*

Preheat the oven to 220 degrees C. Lay the cauliflower out on a large baking tray. Toss in olive oil and season generously with salt, pepper and zataar. Bake in the oven for 20 minutes, or until golden brown.

Combine the cauliflower, celery, cranberries, parsley and hazelnuts in a serving bowl and mix to combine.

In a glass, whisk together a couple of spoonfuls of olive oil with the pomegranate molasses (if you don't have pomegranate molasses, cider vinegar with a dash of honey works well here). Dress the salad when you're ready to serve.

## **Preserved lemon and orange bulgur**

Serves 4, takes 10 minutes

- \* *Dark bulgur - 1 cup*
- \* *Salt - 1/2 tsp*
- \* *Preserved lemon - 1/4, finely diced*
- \* *Orange - zest of half*
- \* *Lemon - juice of half*
- \* *Olive oil - a generous glug*
- \* *Parsley - a handful, chopped*
- \* *Coriander - a handful, chopped*

Bring the bulgur, salt and 2 cups of water to boil in a small saucepan. Cover and leave to simmer for ten minutes. Remove from the heat, with the lid still on, and leave to steam for a couple more minutes.

Combine all the ingredients in a serving bowl and mix well.