

Beef Kofta with Garlic Yogurt Sauce



Ingredients:

- 1 lb. Ground beef Choose ground beef with an 80/20 lean-to-fat ratio for optimal flavor and juiciness.
- 1 Medium onion finely chopped
- 3 Cloves garlic minced
- ¼ cup Fresh Parsley
- Fresh Parsley (¼ cup)
- 1 tsp. Ground Cumin
- 1 tsp. Ground coriander
- 1 tsp. Salt
- ½ tsp. Black pepper
- 1 cup Plain yogurt
- 2 Tbls. Lemon juice

Instructions:

Step 1: Begin by finely chopping one medium onion and mincing three cloves of garlic. Combine these ingredients in a large mixing bowl along with ground beef, fresh parsley, ground cumin and ground coriander, salt, and black pepper. Use your hands or a spatula to thoroughly mix all ingredients until they are well incorporated; avoid overmixing as it can result in dense koftas.

Once everything is mixed evenly, cover your bowl with plastic wrap and let it rest in the refrigerator for about 30 minutes; this allows flavors to meld together better while also firming up mixture slightly which makes shaping them easier later.

Step 2: After resting time has elapsed remove mixture from the fridge & begin shaping into oval-shaped patties or logs approximately two inches long & one inch thick! If using skewers, consider molding around soaked wooden sticks instead—this not only helps hold their shape during cooking but also adds great presentation once grilled!

As you shape them, remember not to press them too tightly, so they remain tender once cooked; place pieces onto parchment-lined baking tray until ready for grilling! Preheat grill or grill pan, ensuring to lightly brush the surface with oil to prevent sticking issues during cooking!

Step 3: With grill heated, take each formed piece carefully placing them directly onto hot grates allowing space between each one to ensure even cooking throughout the process. Grill them for about 8–10 minutes total, turning at the halfway point, achieving nice char marks without drying out interior moisture completely—it's important not to rush this step since a juicy center makes all the difference.

Once internal temperature hits safe level—around 160°F—remove from heat and allow to rest for roughly five minutes. This enhances juiciness too!

Meanwhile prepare accompanying side dishes such as salads, pita bread etc., ensuring everything is ready simultaneously increases the enjoyment factor tremendously.

Step 4: While waiting on grilled items to cool, prepare accompanying sauce. In a small mixing bowl combine one cup plain yogurt along with two tablespoons fresh lemon juice plus minced remains of three cloves of garlic, then blend until a smooth consistency is achieved, season with salt and pepper if desired.

For extra flair consider sprinkling some paprika/cilantro on top before serving, transforming a simple dip into a gourmet experience everyone raves about later—perfect accompaniment alongside those flavorful juicy bites.

Serving Suggestions:

Serve your delicious Beef Kofta alongside warm pita bread or fluffy rice garnished with fresh herbs like parsley/cilantro adding vibrant colors and enhancing visual appeal.

Mistakes to avoid:

Overcooking your kofta is a pitfall to avoid. If you cook them for too long, they can become tough and rubbery. Instead, aim for a golden-brown exterior while ensuring they remain tender inside. Using a meat thermometer can help; aim for an internal temperature of 160°F for optimal results. When preparing Beef Kofta with Garlic Yogurt Sauce, there are several common mistakes that can affect the dish's flavor and texture. One significant mistake is not properly mixing the beef mixture. The ingredients need to be thoroughly combined to ensure even flavor distribution and a cohesive texture. If you skip this step, you may end up with dry spots or uneven seasoning throughout your kofta.

Another mistake is using low-quality meat. The quality of the beef directly influences the final taste of your kofta. Opt for ground beef with a bit of fat content; this will keep your kofta juicy and flavorful during cooking. Lean meat might result in a dry outcome, which defeats the purpose of this delicious dish.

Lastly, don't forget the importance of letting your kofta rest after cooking. Allowing them to sit for a few minutes helps retain their juices, which contributes to a better overall flavor experience when served with garlic yogurt sauce.