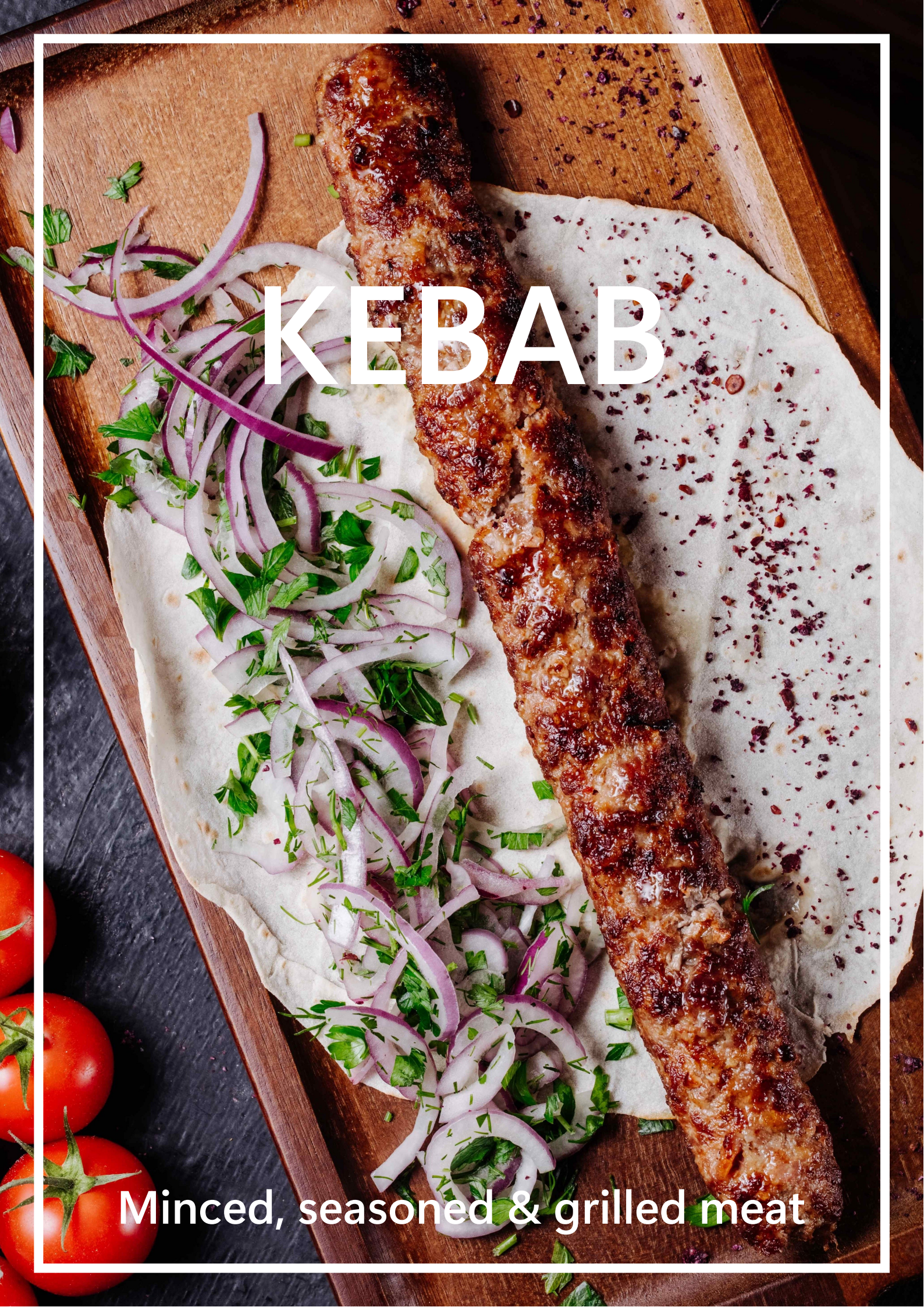




KEBAB

Minced, seasoned & grilled meat

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- CRAFTSMANSHIP -

KOFTA KEBAB basics & usage ✓

Courses: Kofta Kebab

Collections: PURPOSE & HISTORY

Source: OCTOPUS OCEAN - Germany



Ingredients

Key components typically utilized in Kofta Kebab preparation

This popular dish is made from seasoned ground meat that is usually molded onto skewers & grilled.

People often eat Kofta Kebabs with yogurt sauce & rice.

☐ **Spices:**

Common spices are cumin, coriander, paprika, and black pepper.

☐ **Herbs:**

For added flavour, fresh herbs such as parsley, or cilantro are commonly included.

☐ **Aromatics:**

To enhance the flavour, onions and garlic are often blended with the meat.

Directions

The word "kebab" comes from the Persian term "kabāb," which translates to roasted meat. It is likely that the practice of skewering meat and cooking it over an open flame originated with ancient nomadic tribes in the Middle East and Central Asia. These early chefs found that small cuts of meat, when placed on a skewer and cooked over an open flame, produced a juicy delicacy with great flavour. This method of cooking meat became widespread among different cultures, resulting in the variety of kebab styles we observe today.

Importance for Culture

For centuries, kebabs have been frequently linked to social gatherings & communal meals. During the Islamic Empires, they were served in royal courts and gained popularity among commoners as well. As the dish spread to various regions, including Europe and Asia, it adapted to local tastes and ingredients, transcending its origins.

Kebabs come in many varieties, each distinguished by its own preparation techniques and taste. Among the most renowned are:

Kofta Kebab:

Ground meat combined with spices, shaped into balls or patties, and then grilled or baked.

Shish Kebab:

Meat that is skewered and grilled, frequently marinated and accompanied by vegetables.

Döner Kebab:

A well-liked dish from Turkey consisting of meat roasted on a spit, usually offered in pita bread.

Contemporary Adaptations:

Modern-day cooking has seen the kebab evolve into various incarnations, shaped by regional produce and cooking customs. They are savoured in street food markets, restaurants, and homes globally, representing the vibrant tapestry of cultural exchange and culinary innovation.

Kebabs remain a cherished dish, renowned for their adaptability and the shared experience they promote, establishing them as an important element of culinary history in various cultures.

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- CRAFTSMANSHIP -

Beef & Pork Kofta Kebab ✓

Courses: Kofta Kebab

Collections: Levantine recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

An interesting combination of spices bring a deep flavour to these grilled beef and pork kebab.

Serve with Tzatziki sauce and Naan bread for an authentic Middle Eastern dinner.

Servings: 12

- ☐ 250 gr lean ground Beef
- ☐ 250 gr fresh ground Pork
- ☐ 3 tbsp onion finely minced
- ☐ 3 cloves garlic finely minced
- ☐ 75 gr parsley, finely chopped
- ☐ 1 egg
- ☐ 3 tsp cumin seed
roasted & ground
- ☐ 2 tbsp ground coriander
- ☐ 1 tbsp ground cinnamon
- ☐ 1 tsp ginger
- ☐ 1 tsp salt
- ☐ 2 tsp black pepper, ground
- ☐ 1 tsp red pepper flakes
- ☐ 12 wooded skewers
soaked in water

Directions

Soak wooden skewers in water for several hours.

Toast all whole spices in a small dry skillet.

Allow to cool and grind.

Mix meat + spices together by hand in a large bowl.

Refrigerate meat mixture for several hours to allow the flavours to develop. This step can be skipped in the interest of time.

To check your spices form a small patty of the meat and fry in a skillet, adjust spices if needed and mix well to combine. Form the Kofta by moulding a handful of meat around each skewer into a cigar like shape. Grill kebabs over medium high heat until browned and cooked through.

I like to chill the meat mixture for several hours before grilling to allow the flavours to develop however this step can be skipped to shorten the overall prep time.

Fry a small patty of the meat to taste your spices and adjust if needed before forming the kebab.

To form the kebab I take a handful of the meat and pack it into a ball then roll it between the palms of my hand into a cigar shape. Then I stick the skewer through the meat and squeeze in tight to the stick making final adjustments to the shape as needed. Grill the kebabs over direct heat. I cook each side about 6 or 7 minutes before turning a total of 4 times. If you mess with them too much especially in the beginning the meat can fall off of the skewer.

- CRAFTSMANSHIP -

Greek Pork & Halloumi Koftes ✓

Courses: Kofta Kebab

Collections: Greek recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

A meal inspired by Greek cuisine and ideal for summer evenings, featuring flatbreads for soaking up all the tasty juices and for dipping into TZATZIKI.

Serves 8

- ☐ 2 Onions
- ☐ 180 gr Breadcrumbs, fresh white
- ☐ 150 ml Milk, whole
- ☐ 2 tbsp Parsley, finely chopped
- ☐ 4 tbsp Dill, finely chopped
- ☐ 800 gr Pork mince
- ☐ 2 tsp Mint, dried
- ☐ 2 tsp Cumin, ground
- ☐ 1 tsp Allspice, ground
- ☐ 400 gr Halloumi
- ☐ Salt & Pepper, black ground

Directions

Making the koftes:

Peel the onion and grate into a large mixing bowl.

Add the breadcrumbs and milk, then give it a really good mix.

Add the parsley and dill to the breadcrumb bowl along with the pork mince, dried mint, ground cumin, allspice and salt & black pepper.

Grate in the halloumi, then give it a really good mix. Set aside.

Heat a grill or barbecue until it is quite hot.

Roll the kofte mixture into 28 small rugby ball shapes, then (if grilling) arrange on a wire rack set over a tray.

Grill for 5–7 min on each side, until they have a good bit of caramelisation on them.

Alternatively, whack them on the barbecue and cook until no traces of pink remain and the koftes are cooked through.

KEBAB & SHASHLIK MAKER ✓

Courses: Technical equipment

Categories: GALLEY

Source: OCTOPUS OCEAN - Germany



Ingredients

Specification:

Material: ABS

Product weight: 460 g

Product size: 29 x 12.7 x 9 cm

Package size: 29.5 x 13 x 10 cm

Package weight: 569 g

Directions

Easy to transport:

Prepare delicious kebabs in minutes.

Its compact design makes it easy and perfect for outdoor events such as picnics, camping, and barbecues.

Long-lasting use:

The kebab press is made of reusable, food-grade ABS material that is both durable and sturdy.

The wear-resistant surfaces ensure a long service life, so you can prepare perfect kebabs every time.

Easy to clean:

The kebab press ensures perfect grilling results by maintaining the shape of the kebab and preventing the skewer from slipping.

Results in perfect kebab shapes every time and it's easy to clean too. A must-have for outdoor grilling.

User-friendly:

With a simple design and sturdy handle, the kebab maker press allows to prepare delicious shashlik skewers in minutes without the risk of finger injuries.

Simply place the meat in the press, close the lid, and push the skewer through.

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<https://www.youtube.com/watch?v=VPUPIKHLtdY&t=24s>