



BEEF KEBAB

WITH YOGURT AND CABBAGE SALAD

RECIPE FOR 4 PERS.

BEEF KEBAB

- 600 g of minced beef • 2 shallots • 3 garlic cloves • 2 cm fresh ginger • A small bunch of coriander • A small bunch of fresh mint • 1 lemon
- 2 spoons of garam masala • 1/2 spoon of baking powder
- 2 spoons of pomegranate molasses • Salt and pepper • 8 small skewers softened in water

Dressing:

- 4 dl greek yogurt (10% fat) • 1 spoon cumin roasted on a dry pan
- Lemon peel (from 1/2 lemon) • 2 tablespoons of olive oil
- Salt and pepper

Cabbage salad:

- 1 small pointed cabbage • 2 oranges • 1 red onion • 1 pomegranate
- 4 tablespoons of apple vinegar • A splash of olive oil • 3-4 springs of mint
- Salt and pepper

Finely chop shallots, garlic and ginger and put it into a bowl. Zest lemons and squeeze the juice from half a lemon into the bowl. Add chopped mint and coriander and mix it well together.

In a new bowl add the minced beef and season with masala, baking powder, salt and pepper. Blend it with your hands before you mix the two bowls together in a food processor. Give it a good stir for 4-5 minutes so all the flavours blend nicely together.

Divide the meat paste into 8 portions and shape them in oblong sausage-like shapes. Put them on wooden sticks and mould the meat firmly around them. Place the kebabs on a hot grill pan with some butter and fry them at high temperature. Brush the kebabs once in a while with a dressing of pomegranate molasses and the juice from half a lemon. The more dressing you give the kebabs, the better the glaze and flavor.

After 6-8 minutes your kebab is done. Plate up with yogurt and salad.

Yogurt dressing: Grind the roasted cumin in a mortar and put it in your yogurt. Add lemon peel, olive oil, salt and pepper.

Raw cabbage salad: Rinse the cabbage and remove the outer leaves. Remove the centre part and roughly chop into pieces. Chop the onion into thin slices and put it all in a bowl. Remove the orange peel and cut it into chunks, removing the white pulp. Put them in the bowl together with pomegranate seeds. Add chopped mint, vinegar, salt and pepper and mix it together. Drizzle with pomegranate glaze and serve right away.

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