



# Kafta Kababs

Appetizer Sized Roasted Skewers of Lebanese Spiced Ground Turkey

Kafta is a deliciously flavorful ground/minced mixture of meat, herbs, seasonings and onions that is common across all of the Middle East, India and Africa. In Lebanon, which is where my father was raised, it's called Kafta. Traditionally made of ground lamb or beef, mixed with onions, parsley and spices, my recipe is heavily modified to taste amazing with ground turkey.

You would typically find a dish like this in ANY kabab house, made out of beef or lamb. Mine will stand toe to toe with them, and at a fraction of the fat and calories, but with ALL of the full, beefy flavor. Trust me. This mix actually TASTES like actual beef kafta kababs. It will blow your mind. Your guests won't believe that it's turkey.

## Servings Info.:

Yield: 11 skewers  
 Servings: 11  
 Serving Size: 1

## Points:

	<b>G</b>	<b>B</b>	<b>P</b>
1 serving =	1	0	0
2 servings =	1	0	0
3 servings =	2	0	0
4 servings =	3	0	0

*- points last checked 4/9/21 -*

## Ingredients:

### Ground Turkey Kafta Mixture:

- 1lb batch of my ground turkey Kafta. The recipe can be found in my "Cookbook: Volume 1", page 29.

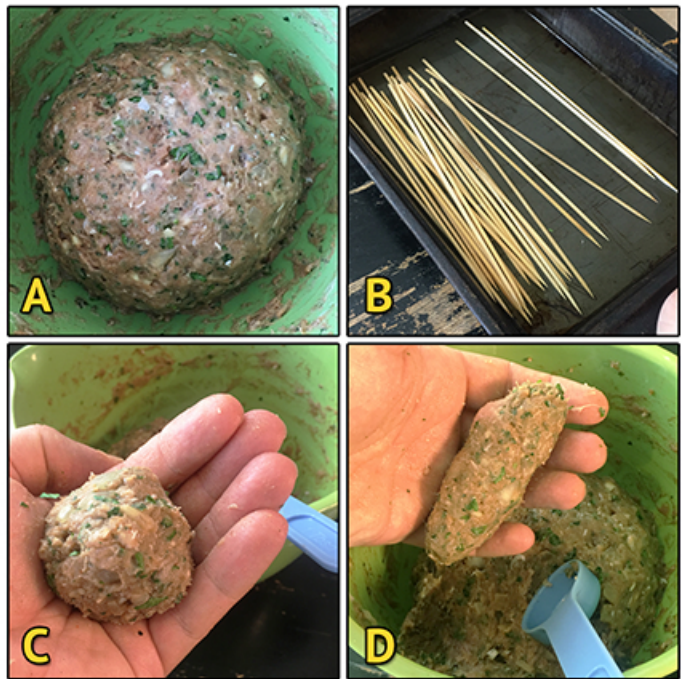
### Additional:

- 11 Wooden Skewers

### Optional:

- Belly Dancer Outfit
- Blu Ray disk of either Lawrence of Arabia, Prince of Persia, or Aladdin. (the original, not the freaky Live Action one)

## Directions:



1. **(A)** In a large mixing bowl, combine all of the listed ingredients for the Turkey Kafta. Cover with plastic wrap and let it rest, in the fridge, for at least 30 minutes. **(B)** Fill a large pan or container with water and place your wooden skewers in, allowing them to have a relaxing spa day, for at least 30 minutes. Meanwhile, prepare a baking pan with cooking spray and preheat your oven to 425 degrees. **(C)** When the meat has had a chance to rest, use a measuring spoon to scoop out 3 even Tablespoons of meat, into your palm, then form it into a ball. If the meat starts sticking to your palms, rinse your hands with a little water. **(D)** After you've formed a ball, gently use your palms to squeeze and shape it into a thick cigar shape.





## NOTES:

- A) I purposely made this recipe using an oven instead of a grill, to accomodate folks who don't own a grill.
- B) Adding that small bit of dissolved baking soda to the meat, then letting it rest, is freaking INSANE. There is some magical foodie-vooodoo magic that happens, because it makes these end up with the cooked texture and mouth-feel of ground beef/pork, rather than turkey.
- C) I would highly recommend serving these with some roasted Roma Tomatoes. When you preheat the oven to 425 and allow the meat to rest... Put a few of the tomatoes into a 9" pie pan, coat them with cooking spray, season with salt and pepper, then put them into the oven. Put them in about 20 minutes before you plan to cook the meat. When the kababs are finished, take the meat out, then turn on your broiler to char the top of the tomatoes.
- D) These would also go awesome with a batch of my low point hummus dip.
- E) This recipe definitely works as a main course also, just use more meat when forming the skewers.

2. **(A)** When you have formed one of the balls of meat into a long cigar shape, gently remove one of the wooden skewers from its water bath... I say gently, because they're pretty calm and relaxed right now after their bath... and shove the skewer, mercilessly through the meat. Ignore the terror filled cries from the skewers. Repeat your Vlad the Impaler-ish style stabby spree, until all of the meat is run through and stops twitching. **(B)** Lay each skewer down on the pan, leaving enough space between them, for the wooden skewers that will be facing the opposite way. Then spray them all with a good dose of 0 point cooking spray (olive oil spray is preferred). **(C)** Place the tray into your preheated oven. Bake the kafta kababs for 14 minutes at 425 degrees. **(D)** Remove from the oven and quickly turn each of the kababs over. Lightly spray with cooking spray, then place the tray back into the oven for an additional 6-10 minutes, or until the meat is nicely browned. Don't worry about it drying out. The baking soda trick, combined with all of the moisture we added into these, will keep them moist and delicious.
3. Pop on a DVD of Lawrence of Arabia or Prince of Persia, then start chowing down. You can follow up your meal with some belly dancing fitpoints, if desired.

