



LEBANON

DINNER

PRINTABLE RECIPE PDF

Lebanese Kafta

Kafta is a staple in Lebanese cuisine, representing a blend of cultural influences from the Levant. Traditionally made with minced meat and spices, it is often

PREP

20 min

COOK

30 min

SERVINGS

4

DIFFICULTY

Medium

SHOPPING LIST

Ingredients

- 500 g ground lamb - or beef for a different flavor
- 1 medium onion - finely grated
- 1/4 cup fresh parsley - finely chopped
- 2 cloves garlic - minced
- 1 tsp ground cumin - adds warmth
- 1/2 tsp ground cinnamon - for a subtle sweetness
- 1 tsp salt - to taste
- 1/2 tsp black pepper - to taste
- 1 tbsp olive oil - for cooking

WHY THIS WORKS

About this recipe

A printable Lebanese Kafta recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Kafta is a staple in Lebanese cuisine, representing a blend of cultural influences from the Levant. Traditionally made with minced meat and spices, it is often grilled or baked and served with various accompaniments, embodying

ORIGIN & TRADITION

Mediterranean context

Kafta is a staple in Lebanese cuisine, representing a blend of cultural influences from the Levant. Traditionally made with minced meat and spices, it is often grilled or baked and served with various accompaniments, embodying the spirit of sharing in Lebanese hospitality.

METHOD

Step-by-step instructions

1

In a large mixing bowl, combine the ground lamb, grated onion, chopped parsley, minced garlic, cumin, cinnamon, salt, and black pepper. Mix thoroughly until well combined.

2

Shape the mixture into small, elongated patties or 'kebabs' and place them on a plate. Refrigerate for at least 30 minutes to firm up the mixture.

3

Heat olive oil in a grill pan or skillet over medium heat. Cook the kafta for about 10 minutes on each side, or until browned and cooked through.

4

Serve the kafta warm with pita bread, tahini sauce, and a side of tabbouleh or grilled vegetables.

CHEF'S TIP

To enhance the flavor, let the kafta mixture marinate for a few hours before shaping and cooking it.

NUTRITION PER SERVING (EST.)

Calories	400 kcal	Fat	25 g
Protein	25 g	Fiber	3 g
Carbohydrates	20 g	Sodium	600 mg

SERVING SUGGESTION

Serve with a fresh tabbouleh salad, warm pita bread, and a side of garlic-tahini sauce for dipping.

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