

# KAFTA

## Baked Ground Beef and Lamb



This is a popular dish in Lebanon, Syria, and Jordan. Whether it is shaped into cylinders or spread out in a pan, the result is delicious. Onions sliced and left in rings, sweet peppers cut into rounds, and/or chopped garlic make wonderful and flavorful toppings to the Kafta. Leftovers make great sandwiches the next day.

### INGREDIENTS

- 2 lbs. ground beef, or 1 lb. ground beef and 1 lb. ground lamb
- 2 onions, peeled and quartered
- 1 small bunch flat leaf parsley, washed and spun dried, tough stems removed
- 2 cloves garlic
- 2 teaspoons salt
- Black pepper to taste
- ½ teaspoon ground allspice
- 1 teaspoon cinnamon
- 3-4 potatoes, peeled and cut into chunks
- 1 can (15 oz) diced tomatoes

### INSTRUCTIONS

In food processor, finely chop onions and garlic, add parsley to food processor and continue to chop until parsley is finely chopped. Place ground meat in a large bowl, along with the chopped vegetables. Add salt and seasonings.

Knead mixture together, add more salt if needed. Take an egg size piece of the meat mixture, form into a ball and then flatten into a cylinder. Place in a greased casserole or glass baking dish. Place a potato chunk between each meat cylinder. Continue with remaining meat and potatoes. Pour diced tomatoes and their liquid over meat and potatoes, sprinkle lightly with salt and pepper. Cover with foil and bake in oven until potatoes are fork tender, about 40 minutes.

Remove foil and place under broiler to brown potatoes and meat. Serve hot.

**VARIATION:**

Instead of forming Kafta into cylinders or balls, press Kafta in a large baking dish, smooth and flatten. Dot with butter. Slice the potatoes thin and place on top of Kafta, pour tomatoes over potatoes and season with more salt and pepper. Or use fresh tomatoes sliced into circles and arrange over potatoes. Cover with foil and bake until meat and potatoes are cooked thru, remove foil and continue to bake about 10 minutes longer, then broil to brown the potatoes.