



Kafta BBQ

Ingredients

- 1 ½ pounds lean ground beef
- 1 medium onion, grated
- ½ cup finely chopped fresh parsley
- ¼ teaspoon cayenne pepper
- ¼ teaspoon ground allspice
- 1 teaspoon salt (adjust to taste)
- ¼ teaspoon black pepper
- 6 wooden or metal skewers

Instructions

1. Prep the Grill

Preheat your outdoor grill to high heat. If using wooden skewers, soak them in water for at least 30 minutes to prevent burning.

2. Make the Kafta Mixture

In a large bowl, combine the ground beef, grated onion, chopped parsley, cayenne pepper, allspice, salt, and black pepper. Mix thoroughly with your hands until evenly combined.

3. Shape the Kafta

Divide the mixture into 6 equal portions. Mold each portion around the lower half of a skewer, forming a long, log-shaped cylinder about 1 inch thick and 6 inches long.

4. Grill the Skewers

Place the skewers on the hot grill and cook for **10 to 15 minutes**, turning occasionally, until the kafta is browned on the outside and cooked through with no pink inside.

5. Serve

Serve hot with flatbread, fresh salad, tahini sauce, or a side of rice.