



# 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.