

Kitchen Garden at Collingwood College Term 1 2018

Name of Recipe: Spicy Beef Kofta

Volunteer Notes: These will be served with a sauce of pomegranate molasses & quince jelly.

Oven on 200 o.c.

From the garden: herbs, pomegranate

What to collect	What to do
1 kg fine HALAL beef mince 1 tsp chopped garlic-3 cloves 1/3 x tsp sambal olek 1x onion finely chopped ½ x bunch chopped coriander/fresh 2 tsp ground cumin 1 tsp ground coriander 1/2 tsp sumac 1/2 tsp turmeric 2 tblsp quince jelly Salt flakes Ground pepper	<ul style="list-style-type: none"><li>• Put mince into a large bowl.</li><li>• Add garlic, onion &amp; prepared herbs &amp; mix well.</li><li>• Measure and grind spices.</li><li>• Add to beef with salt/pepper, chilli, quince jelly &amp; mix thoroughly with your cold/wet hands.</li><li>• Get Des to taste the raw mix.</li></ul> <p>Roll into football shape with your hands; dip your hands into cold water to help in the forming.</p>
Olive/vegetable oil Thick-base pan Tray	<ul style="list-style-type: none"><li>• Heat oil mix to medium heat in a large sauté pan and seal the Kofta on 3 sides, then place on a tray to continue the cooking in the oven.</li><li>• Bake around 7 mins...don't overcook.</li></ul>
Platters 2 x tblsp Quince Jelly & 1 tblsp pomegranate molasses (mix well) Sumac Edible flowers	<ul style="list-style-type: none"><li>• Divide between the 3 platters. Drizzle the sauce over, sprinkle sumac.</li><li>• Place the edible flowers just as you serve.</li></ul>