



From the Kitchen of Detroit Institute of Gastronomy

Kafta with Pita and Yogurt Recipe

For the Kafta:

- ½ lb. ground lamb
- ½ lb. ground beef
- 1 medium Spanish onion, minced
- 4 garlic cloves, minced
- 1 Tbsp. fresh parsley, chopped
- 1 tsp. ground cumin
- ½ Tbsp. fresh mint, chopped
- 1 tsp. ground black pepper
- 1 ½ tsp. sea salt
- 1 Tbsp. olive oil

For the Yogurt Sauce:

- 1 cup labneh
- 3 Tbsp. lemon juice
- ½ tsp. sea salt

To serve:

- Soft pita bread
- Sliced onions
- Sumac
- Sliced tomatoes
- Fresh parsley leaves

Instructions:

Begin by preparing the Kafta:

Mix the ingredients together and let rest under refrigeration for 6 hours (ideally overnight). Form the mixture around skewers or into flattened balls. Cook on a grill, sauté pan or oven until internal temperature of 150 degrees F is reached.

Prepare the Yogurt Sauce:

Take all ingredients and stir until well combined.

Assemble the dish:

Place a soft pita on the bottom of a shallow bowl. Spoon a generous amount of yogurt sauce on top of pita. Place a kafta on top of yogurt. Serve with sliced onions tossed with sumac, sliced tomatoes and fresh parsley leaves.

