

# Kofta Spice Blend



Kofta Spice Blend is for the classic Middle Eastern/East Indian ground meat kabob. This spice mixture is enough to season 1 lb. ground Beyond Meat product or 1 lb. lean ground beef.

**Preparation time: 15 minutes**

## Ingredients

1 tsp. whole coriander seed  
1 tsp. whole cumin seed  
1 tsp. fenugreek seed  
1 whole clove  
1 tsp. whole black peppercorns  
1 whole bay leaf  
1 teaspoon paprika  
1/4 tsp. cayenne pepper  
1 tsp. salt  
1 tsp. sugar

## Instructions

1. Toast 1 tsp. coriander seeds, 1 tsp. cumin seeds and 1 tsp. fenugreek seeds with 1 whole clove and 1 tsp. black peppercorns in a small dry frying pan over medium-high heat about 1 minute.
2. Transfer to a spice grinder and add bay leaf, paprika, cayenne and salt. Grind to a powder and transfer to the food processor bowl with prepped garlic, onion, cilantro and chilies. Pulse garlic and onion mixture with spices until you have a paste.
3. Roll spice/paste mixture between a triple layer of paper towels. Fold over the ends to seal the roll and squeeze to absorb all of the liquid. When you finish, the paste should be dry enough to crumble.

If making Koftas now...

4. Place 1 lb. thawed Beyond Meat Patties in a large bowl and dump all of spice-paste into bowl. Mix with your hands until the mixture is well blended. Cover bowl and refrigerate for 2 hours. You can actually chill this blend of ingredients all day.
5. When kofta mixture is well chilled, (2 hours or more) divide into 8 equal balls. Skewer each ball with a kabob stick and shape the meat into long sausage shapes.

