



Turkish Koftas

3 pounds ground beef – preferably 80%
3 garlic cloves – minced
4 TBS chopped Italian parsley
2 medium Roma tomatoes - halved
½ a large white onion
Red chili flakes
2 cups shredded iceberg lettuce
2 tomatoes – peeled and chopped
1 small red onion – finely chopped
Olive oil
½ lemon juiced
Plain yogurt
Pita pockets – cut in half
Salt & Pepper

Place the meat in a large bowl. Using a grating box, grate the tomato halves into the meat. Use the larger grating holes for the tomato. Turn the grating box around and grate the onion on the smaller grating holes. Add the garlic and parsley. Season generously with salt, pepper and red chili flakes.

Knead the meat for a good 20 minutes. Cover it and refrigerate it. Let the kneaded meat rest for a minimum of 4 hours or up to 24. Form small patties, small enough to fit 3 in a half pita pocket. Grill patties in indirect heat on your grill.

While the patties are grilling mix the lettuce, tomato and red onion. Season with lemon juice, olive oil and salt. Set aside.

Place 3 cooked patties in half a pita pocket. Top with lettuce salad, a dab of yogurt and extra red chili flakes. Enjoy!