**Pan-Fried Kafta with Yogurt Sauce**

**Kafta:**

1# ground beef

6 oz. ground lamb

½ onion, cut into strips

1 oz. parsley leaves and stems

1 Tbsp. salt

½ tsp. pepper

1 tsp. coriander powder

1 tsp. ground cumin

¼ oz. mint leaves and stems

2 cups basmati rice

2 Tbsp. oil for frying

**Yogurt Sauce:**

½ cup plain yogurt

1 Tbsp. chopped mint

1 tsp. sambal

1 pinch ground cumin

Salt, sugar, and pepper to taste

**INSTRUCTIONS**

**Kafta:**

1. Assemble the meat grinder with the medium grind die.
2. Mix all ingredients in a bowl **EXCEPT THE GROUND BEEF.**
3. Put the ingredients from step 2 into the meat grinder and grind into a medium sized bowl.
4. Mix in the ground beef to the ground lamb mixture.
5. Divide the mixture into 4 oz. portions. Roll the portions into small football shapes.
6. Heat the oil in a sauté pan over medium heat. Brown on all sides and then finish cooking until medium well-well done.

**Yogurt Sauce:**

1. Mix all ingredients together in a bowl. Adjust seasonings to taste.

**Rice:**

1. Make the rice.