Israeli Kabobs

You can substitute ground lamb, turkey, or chicken for all or some of the beef. If using ground turkey or chicken, add 1 tablespoon olive oil to the mix.

These are great for a party. You can make the kabobs ahead and freeze them until the day of. You can finish them in the oven or on the grill. Even if you're eating the same day or the next, par-baking them in the oven prevents sticking on the grill.

Serve in pita with fresh Israeli Salad, hummous, tehina, olives, and Israeli pickles.

Ingredients

1 lb ground beef
1 C parsley, chopped
2 TBSP cumin
1-2 garlic cloves, chopped very fine
½ TBSP kosher Salt
2 TBSP cold water

Directions

1. In a large bowl, combine all the ingredients. Use your hands to mix it up thoroughly.
2. Divide into 16 portions; form each into a hot dog shape.
3. Place on baking sheet; bake at 350° for 8 minutes; 4 minutes per side.
4. At this point, you can let the kabobs cool and freeze them in single layers, separated by parchment paper, in a tightly sealed container. On the day of the party, let thaw before grilling.
5. Grill kabobs over a medium flame for about 5 minutes.
6. Makes 16 small kabobs. Count on 2-4 per person, depending on the rest of the menu.

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