

MARC AND ANGELA RYAN'S

## *Hickory Nut Gap Mediterranean Beef Kofta*

SERVES: 4

### KOFTA:

1 lb Hickory Nut Gap  
100% grassfed ground beef (90/10 or 80/20)  
2 cloves garlic  
1/4 small onion  
1/2 cup fresh parsley  
1/4 cup fresh mint  
1/4 cup fresh cilantro  
1 tsp ground cumin  
1/2 tsp ground coriander  
1/4 tsp ground cinnamon  
1 tsp kosher salt  
1/2 tsp black pepper  
wooden skewers, soaked in water

### YOGURT SAUCE:

3 cups Ingles whole milk Greek yogurt  
1 clove garlic  
juice of 1 lemon  
1 tbsp honey  
1/4 cup fresh mint  
1/4 cup fresh cilantro  
1/2 block feta cheese (about 3 oz)  
salt, to taste

### SALAD:

1 lb of ripe tomatoes, quartered  
1 whole English cucumber, sliced into quarter rounds  
1/4 red onion, thinly sliced half moons  
olive oil  
lemon juice  
salt



1. In a food processor, blend the garlic, onion, mint, parsley, and cilantro until finely chopped.
2. In a large bowl, mix ground beef with the herb mixture, cumin, coriander, cinnamon, salt, and pepper. Shape into flat, elongated patties and thread each one onto a soaked skewer.
3. Heat a cast-iron skillet or grill over medium heat. Cook kofta for about 7 minutes per side, or until browned and cooked through.
4. Make the yogurt sauce in the same food processor, combining Greek yogurt, garlic, lemon juice, honey, herbs, feta, and salt. Blend until smooth and creamy.
5. Assemble the platter by spreading the yogurt sauce on a large serving dish. Top with tomatoes, cucumbers, and red onion. Drizzle with olive oil, lemon juice, and a sprinkle of salt.
6. Place cooked kofta next to the veggie mix and yogurt sauce. Serve with warm naan or pita.

