



Mutton Kofta

"Because mutton has so much flavour it can handle strong characterful spices like the ones I've chosen here"

Serves: 3

Prepare: 15 Minutes

Cook: 20 Minutes

Difficulty: easy

Ingredients

- 500g of [minced mutton](#)
- 2 tsp of black peppercorns
- 1 finely chopped medium-hot red chilli
- 2 tsp of cumin seeds
- 4 cloves of garlic
- 2 tsp of nigella seeds
- 1tsp of nutmeg
- salt and freshly ground black pepper

Method

1. Set a small pan over a medium heat. Add the cumin, peppercorns and fennel seeds and toast gently for 3 – 4 minutes. Tip the contents of the pan into a pestle and mortar and grind to a fairly fine texture. Place the minced mutton in a large bowl. Add the ground spices and all the remaining ingredients. Use clean hands to combine the mix thoroughly, mixing it for 2 – 3 minutes will help it bind. Divide mixture into 6 equal portions with lightly floured hands and mould into long sausage shapes. Thread the kebabs on to skewers and chill. When you're ready to cook them brush kebabs with oil and cook under a hot grill or over a glowing BBQ for 10 – 12 minutes, turning occasionally until golden brown all over.
2. Serve with fresh flatbreads, minted yoghurt, torn coriander, jalapenos and a few peppery salad leaves.