

Lebanese Kabob Sausage

Len, this is the mix for the kabob sausage I developed. Kabobs are very famous in the Middle Eastern countries but, like kafta, they are generally formed around a skewer. I thought to try it as filled sausage and the results were quite good. The chili can be adjusted to taste (some Armenian people like it hot). Mahaleb is the pit of a wild species of cherries; it is available in any Middle Eastern market.

U.S.	Ingredient	Metric	Percent
2¼ lb.	Beef (85% lean)	1000.0 g	43.23
2¼ lb.	Lamb (70% lean)	1000.0 g	43.23
1 cup	Onion, raw, minced	160.0 g	6.92
5 Tbs.	Tomato paste	75.0 ml	3.25
4 Tbs.	Bread crumbs	30.0 g	1.30
4 tsp.	Salt 1.4%	30.0 g	1.30
2 Tbs.	Cayenne Chili	10.0 g	0.43
2 tsp.	Baharat (Arabic-7-spice)	3.5 g	0.51
1½ tsp.	Pepper, black	3.0 g	0.13
½ tsp.	Mahaleb	1.5 g	0.70
	22 mm sheep casings		
5 lb.	← Totals →	2313.00 g	100%



Note: I use metric weight & volume measurement for better control of ingredients. The U.S. measurements are an approximation of the metric measurements.

Method:

1. Cut the beef and lamb in cubes and chill them until almost frozen.
2. Grind them through a ¼-inch (4.5mm) plate.
3. Add the remaining ingredients and mix them well into the ground meat.
4. Set aside in the refrigerator for several hours for the spices to equilibrate.
5. Stuff into sheep casings and tie off into 3-inch (7.5 cm) lengths.
6. Cook over hot coals.

Note: Make the **Baharat Spice** as follows:

1 Tbs. allspice	¾ tsp. cloves	Grind the spices together and store in an airtight container. Keep in a cool, dry place for up to one year.
1 Tbs. black pepper	¾ tsp. grated nutmeg	
½ tsp. cardamom	¾ tsp. coriander	
¾ tsp. cinnamon		

Recipe by:

Georges Maalouf

Khenchara, Beirut, Lebanon

Copyright © (All rights reserved) June 2006

