

# KAFTA – A Lebanese Sausage

Kafta is generally formed around a skewer and grilled; however this version, using sheep casings, is much easier to handle without sacrificing taste.

U.S.	Ingredient	Metric	Percent
3 lb.	Lamb, shoulder*	1375.0 g	89.90
1 cup	Onions, raw	116.0 g	7.60
3 tsp.	Salt	22.0 g	1.45
1/3 cup	Parsley leaves, fresh	11.5 g	0.76
1 tsp.	Allspice, ground**	2.0 g	0.15
1 tsp.	Pepper, black, ground	2.0 g	0.15
1/2 tsp.	Cinnamon (optional)	1.0 g	0.06
	Large sheep casings		
<b>3¼ lb.</b>	<b>← Totals →</b>	<b>1.5 Kg</b>	<b>100%</b>

\* Use all lamb, beef or a mixture of lamb and beef with a ratio of 75% lean meat/25% fat.

\*\* Or substitute Arabic 7-spices mixture.

**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. Cube and partially freeze the meat and then grind it through a ¼” (6.5mm) disk twice.
2. Combine the meat with the salt and mix until the meat becomes very sticky.
3. Grate the onions or place them in a food processor and process until fine.
4. Finely chop the parsley (use flat leaf parsley for a better taste)
5. Mix the meat with all the remaining ingredients with the meat.
6. Stuff into sheep casings and allow to air dry at room temperature for several hours.
7. Refrigerate or vacuum pack until needed.
8. Kafta are best slow grilled to a golden brown color.

## Recipe by:

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