



Lebanese style wild venison kofta

fry/griddle/bbq



The core temperature is measured from the centre of the meat. For perfect cooking and measuring internal temperatures, we recommend a 'Meater+ Wireless Thermometer'. Available in our pantry now.

Whilst I personally develop, try and test all our recipes and cooking guides, heritage breed animals can vary immensely, therefore cooking times are a guide only. Please ensure all products are cooked through and hot before serving. Enjoy!



Jeff Baker

Executive Development Chef

cooking time from: 6 minutes

method

Remove the Kofta mix from the packaging.

At this stage they can be made in a variety of styles, from small meatballs, burger style patties or wrapped onto skewers for an authentic skewer.

Preheat your heavy based frying pan, griddle or BBQ over medium heat.

Rub the Koftas with a little olive oil then cook over high heat on each side until nicely browned and thoroughly cooked, the core temperature of the Kofta should be 70°C.

serving suggestions

Serve with saffron scented rice and minted yoghurt or as a snack with flat breads, garlic sauce and red cabbage salad.

for best results, fry this cut

Core Temperatures	Minimum	After Resting
Well Done	70°C	75°C

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