



Chappal Kebab

These meaty kebabs are a very popular starter at weddings, parties and family gatherings... well basically any special occasion. They are named 'Chappal' after the word for a flat sandal in Punjabi - phonetically pronounced as chapl. My mum used to deep fry them, however, to be kind to my heart I pan fry them with a small amount of oil. Sometimes I grill them when I am trying to cut down the fat content. I like to serve them topped with sautéed onions, cumin roast potatoes and cucumber raita.

PREPARATION TIME: 10 MINUTES

COOKING TIME: 4 TO 5 MINUTES

MAKES BETWEEN 15 TO 18 PIECES

Ingredients

- 800g lamb or mutton mince
- 200g chicken mince
- 1 finely grated onion
- 2 green chillies, finely chopped
- 1 to 1 ½ tsp salt (or to taste)
- 3 tsp coriander powder
- 1 tsp cumin powder
- 2 tsp pomegranate seed powder -optional
- 2 tsp fenugreek leaves
- 2 tbsp chopped fresh coriander
- 2 tbsp of vegetable oil to pan fry

Method

1. Add all of the ingredients (apart from the oil) in a large bowl and mix thoroughly. Best to use your hands, if you are not a fan of touching raw meat — just wear some gloves. Allow the mixture to rest at room temperature for 10 mins.
2. Take about 2 tbsp (50g) of the mixture, shape into patties using your palms and fingers. To achieve perfectly flat and even kebabs, make a small ball with the meat, place in between some cling film and press down using a dinner plate.
3. To pan fry add a few drops of oil into a non-stick pan. Turn the heat on high and carefully add one kebab at a time. You should be able to cook 3 or 4 at one time.
4. On high heat cook for about 2 mins, this will seal and cook the meat, turn over and cook for 2 mins on the other side. You will notice that meat juices will ooze from the kebabs, do not be tempted to drain off as this will reduce down as the kebabs cooks.
5. Turn the heat down to medium and cook for a further 2 to 3 mins on each side, this allows the kebabs to cook through.
6. Serve hot with cool cucumber raita and lemon & coriander salad.

BBQ Tip

These lamb sheesh kebabs taste amazing cooked on the barbeque on a hot summers day. To Barbeque, follow step 1 of the recipe; take 2 tablespoons (50g) of the mixture and carefully wrap the meat around a barbeque skewer. Moisten your hands with a little oil first to stop the meat sticking to your hands. Or shape into burgers and cook on barbeque as desired. I recommend that you seal the meat in a pan for about 30 seconds on each side first, this will stop the meat sticking to your barbeque grill. These kebabs are my son Cyrus's favourite starter, he loves them in a brioche bun with sautéed onions, covered in cheese and with a little chilli sauce... absolutely delicious!

