

Syed's seekh kebabs (mix can also be used for shami kebab, reshmi kebab, nargis kebab, keema naan, keema curry, etc.)

Ingredients

- 500 gm minced lamb (**important: patted dry** – PT)
- ½ tsp salt (+ ½ tsp *kala namak* – PT)
- 1 tsp garlic & ginger ~~paste~~ purée [PT] (**must be dry**)
- 1 tsp ground coriander
- 1 tsp ground cumin
- ⅔ tsp *garam masala*
- 1 tsp ground paprika
- 1½ tbsp ~~Kashmiri masala paste~~ (Patak's Madras kebab paste [catering] – PT)
- good pinch *kasoori methi*
- 3 (to 6 – PT) finely chopped green chillies
- ~~¼ tsp~~ Preema red food colouring and ~~<¼ tsp~~ orange food colouring (⅛, <⅛ – PT)
- ½ large beaten egg (no more than half, maybe less – PT)
- 1 tsp Coleman's mint sauce (~~optional~~ or less – PT)
- 1 handful chopped fresh coriander (~~optional~~ – PT)

Preparation

1. In a large bowl, put the salt, g/g ~~paste~~ purée [PT], ground coriander, ground cumin, *garam masala*, and the ground paprika.
2. Add the ~~Kashmiri masala paste~~ (Patak's Madras kebab paste – PT)
3. Add the *kasoori methi*
4. Add the green chillies
5. Add the food colourings
6. Add the beaten egg
7. ~~Optionally~~ add the Coleman's mint sauce
8. Mix well by hand
9. Add the minced lamb
10. Add the fresh coriander (~~optional~~)
11. Mix everything together by hand and keep mixture as dry as possible.
12. Knead the mix to ensure thorough impregnation of the mince.
13. Or use the K-beater in a Kenwood Chef/Major to blend everything -- PT.
14. Shape into a large ball, place into a clean dry bowl and cover with cling film.

Cooking (or use a Tepro grill with 8mm square skewers)

1. Take a ribbed cast iron griddle pan and place over low heat
2. Make small balls of the keema and impale on narrow skewers
3. When all balls have been impaled, oil the hands and shape the kebabs (long and thin, slight spiral grooves); can also be done with dry hands and finished by oiling
4. Carefully ease kebabs off the skewers
5. Lower onto pre-oiled griddle pan ribs (across, not along, ribs)
6. Cover pan and cook until done, rotating from time to time to ensure even cooking.