



Muslim Hands
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Moorish kebabs

The Islamic Moors came from Morocco to conquer Spain in 711, under General Gibril Tarik, and ruled there for over 700 years. The influences of Moorish culture on Spanish cuisine are visible even today. These juicy little meat balls attest to that and are very easy to make.

Prep Time: 10 minutes Cook Time: 10 minutes
Makes 20 meat balls



Morocco →



Ingredients

Muslim Hands
Feed the Fasting Campaign

- 1 lb. (about 1/2 kg) ground beef or lamb (or a combination of the two)
- 1 medium onion, chopped very fine
- 2 teaspoons paprika
- 1 teaspoon cumin
- 1 teaspoon sea salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon hot ground chili
- 1/4 cup chopped fresh parsley
- 1/4 cup chopped fresh coriander (cilantro)
- 1 teaspoon cinnamon (optional)
- 1 tablespoon chopped mint leaves/oregano leaves (optional)

HOW WHAT WHERE

Combine all ingredients by mashing together with your fingers and hands. Cover bowl and leave to marinate in the fridge for at least an hour. Then divide into small golf ball sized balls, and fry in shallow oil on medium heat. Keep turning for 15-20 minutes till brown on all sides. Drain on a plate covered in kitchen roll to remove excess oil. Serve with other tapas dishes...great finger food!

Karimah Bint Dawoud presented Islam Channel's Iftar Bites and Divine Bites. She is a food writer and researcher, currently studying Clinical Nutrition and can be found on Face Book-Divine Bites.