

## West African Tsire Koftas with Roast Garlic Sauce

Makes: 12 Koftas

### TASTE OF AUTUMN FACT

Tsire is a centuries-old aromatic spice mix that traditionally includes coarsely ground peanuts. It is prepared in many West African countries, where it is commonly used to marinate and flavour grilled meats, as illustrated in this recipe.

The spice mix is believed to have originated with the Hausa people of Northern Nigeria. From there, it spread to neighbouring countries such as Cameroon, Niger and Sudan, where it is known as Agashe. In southern Nigeria, it is also known as Suya.



### INGREDIENTS

- 21 Whole Garlic Bulb (Approximately 25gm in weight)
- 175gm Greek Natural Yoghurt
- 1 1/2 tsp Lemon Juice
- 1 1/2 tsp Caster Sugar
- 20 Mint Leaves - rinse, drain and finely chop.
- To Taste - Sea Salt and Finely Ground White Pepper
- 210gm Unsalted Roast Peanuts - coarsely chop.
- 1 1/2 tsp Chilli Powder
- 3/4 tsp Ground Ginger
- 3/4 tsp Ground Nutmeg
- 3/4 tsp Ground Cloves
- 3/4 tsp Ground Cinnamon
- 600gm Lamb Mince
- 2 tbsp Greek Natural Yoghurt
- 165gm Brown Onion - top, tail, peel, halve and finely chop.
- 2 small Garlic Cloves - peel and finely chop.
- 1/8 tsp Chilli Powder
- 3/4 tsp Dried Mint Leaves
- 2 large (55gm) Eggs - crack and beat.
- 12 x 20cm long Bamboo Skewers - soak in water for 30 minutes and drain.
- As Required - Extra Virgin Olive Oil Spray



## METHOD

1. Pre-heat an oven to a low/moderate temperature - 160°C.
2. Place the garlic bulb onto a roasting tray. Place into the oven and roast for 50 minutes or until the bulb has softened. Remove from the oven and allow to cool. Slice off 1/2 cm from its base, then squeeze out the garlic puree and mash to a smooth puree with a fork.
3. In a mixing bowl, add the garlic puree, the first quantity of natural yoghurt, lemon juice, caster sugar and mint leaves, then mix to combine. Season to taste with salt. Place the sauce in a serving dish and set to one side.
4. In a second mixing bowl, add the peanuts, first quantity of chilli powder, ground ginger, ground nutmeg, ground cloves, and ground cinnamon, then mix to combine. Season with salt. Set the Tsire spice mix to one side.
5. In a third mixing bowl, add the lamb mince, second quantity of Greek yoghurt, brown onion, chopped garlic, second quantity of chilli powder and dried mint, then mix to combine. Season to taste with salt and pepper.
6. Evenly shape the lamb mixture into 12 koftas, approximately 6cm long by 4cm in diameter.
7. In batches, dip each kofta into the beaten egg and toss until they are evenly coated. Remove the koftas, letting any excess egg drain from them.
8. In batches, place the koftas into the bowl with the Tsire spice mix and toss until they are evenly coated, then remove and shake off any excess spice mix.
9. Thread a kofta onto the end of each skewer.
10. Lightly spray oil a sauté pan and place over low/moderate heat. When hot, in batches, add the koftas and cook for 3 minutes on each side or until they are cooked through and golden in colour. Remove from the heat, set to one side and keep warm. Repeat the process until the remaining koftas have been cooked. Cover with aluminium foil and rest in a warm place for 2 minutes.

## TO SERVE

Gently stack the West African Tsire Koftas on a board or platter and serve with the roast garlic sauce.

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