Koobideh (Ground Beef Kebabs)

From David Dornan at Alborz in San Francisco

INGREDIENTS:

- ☐ 1 pound fresh ground beef
- ☐ 1 sweet white onion
- ☐ ¾ teaspoon kosher salt
- ☐ ¼ teaspoon fresh ground pepper
- ☐ ⅛ teaspoon powdered saffron or ¼ teaspoon saffron threads
- ☐ ¼ cup hot water (not boiling)
- ☐ 10-12 bamboo skewers, soaked in water 30 minutes prior to cooking
- ☐ Canola or vegetable oil for pan frying

INSTRUCTIONS: Steep the saffron in the hot water like tea, stirring to incorporate at first, and set aside. Grind the onion in a meat grinder or pulse in a food processor until smooth but not liquefied. Add the onion, salt and pepper to the ground beef in a work bowl. Add 1 tablespoon of the saffron water to the beef mixture and form into thin, elongated patties around each skewer, approximately 2-3 ounces in weight, about ½-inch thick and 3 inches long.

Heat a pan of sufficient size to fit the whole skewers easily (you may have to cook them in batches) and add the oil. Baste the skewers with the remaining saffron water once before adding them to the pan to ensure proper browning. Once the oil is hot, cook the skewers until browned and done, approximately 3 minutes per side over high heat, brushing with the saffron mixture while cooking. Remove and serve.

Yields about 12 kebabs

PER KEBAB: *80 calories, 7 g protein, 1 g carbohydrate, 6 g fat (2 g saturated), 23 mg cholesterol, 156 mg sodium, 0 fiber.*