

Cumin – Coriander Beef Patties

Makes 8 medium patties

1 lb ground beef
½ cup onion, finely chopped
1 tsp ginger root, minced
1 tsp cumin
1 tsp ground coriander
¼- ½ tsp jalapeno pepper, minced, or cayenne pepper
1 tsp salt
¼ cup plain yogurt
¼ to ½ cup coriander leaves, chopped or chopped mint
Vegetable oil



Local Ingredients:

Beef
Coriander
Mint
Jalapeno Pepper
Onions



Place the ground beef in a bowl with the onion, ginger, cumin, ground coriander, jalapeno, salt, and yogurt. Mix with a spoon, spatula or your hands. To blend the seasonings and to help the meat hold together when cooking, mix until a smooth consistency is achieved. Mix in the chopped fresh coriander leaves (or chopped fresh mint). Wet your hands and shape into 8 round or oval patties, using about ¼ cup of the mixture for each patty. Give the patties several firm squeezes to help them hold their shape, and place on a lightly oiled plate until ready to fry.

Place a skillet over medium high heat and add about 2 tablespoons of oil. Place in as many patties that will fit comfortably in the pan. If you like patties with a slightly crunchy exterior, leave the heat on medium high. If you want a softer exterior, lower the heat to medium. Cook for about 5 to 6 minutes on each side, depending on the level of heat. Serve warm with a vegetable dish, East Indian chapattis, in a pita bread, or with a salad.

These patties can also be cooked under the broiler or on a barbeque. For an interesting variation, squeeze the meat onto a metal skewer and barbeque like a kabob.