GAME KOFTAS WITH EASY CUMIN FLATBREADS



METHOD

Koftas

- Combine all ingredients for the koftas and mix well. Divide the mix into 16 equal portions and shape into thick stubby sausages and place on an oiled tray. Leave to chill for 30 mins in the fridge.
- Preheat grill to medium hot and lightly oil the koftas. Cook under the grill (turning every so often to get an even colour on each side) for 8–10 mins. Cooking time will vary depending on the size of thickness of the kofta. You want the meat to be moist and slightly pink still on the inside.
- NOTE: these also work well on the BBQ! Same cooking time applies-

Flatbreads

- Combine butter and milk and heat until butter is just melted.
- Combine flour, cumin, salt, melted butter, milk and mix. Kneed for approx. 4 mins until smooth and the dough springs back when you push your finger in to it. Wrap in cling-film and rest for 30 mins at room temp.
- Divide into 16 pieces and roll into balls. Then using a rolling pin roll out until you have 16 flatbreads approx. 3ml thick (the thickness of 10p piece).
- Heat a frying pan until medium/hot, add a dash of oil and cook your flat-breads one at a time. They will take approx. 1.5 mins on each side. You are looking for little brown spots to appear and for the bread to puff up slightly. Keep the flatbreads wrapped in a tea towel while you cook the rest.
- NOTE: if using ready-made pittas or flatbreads, wrap in tin foil and heat gently in the oven for 5 mins before serving.

Minty yoghurt

- Mix all the ingredients together in a bowl. Leave for 30 mins or more
- in the fridge for the flavour to develop.

To serve

- Place one kofta in a wrap with whatever you have to hand in the fridge (lettuce, tomato, spinach, red cabbage, cheese, mint etc), drizzle with the minty yoghurt and get stuck in.

THE COUNTRY FOOD TRUST

Recipe kindly donated by
JUANITA HENNESSEY

Juanita shot to international renown after her very successful Master Chef journey in 2016

INGREDIENTS

Koftas
800g minced partridge and or pheasant (or a mix)
1 tsp salt
1 onion peeled and chopped
1 tbsp dried parsley
1 tbsp dried mint
1 tbsp ground coriander
1 tsp cumin seeds
½ tsp ground cinnamon
½ tsp ground allspice
½ tsp cayenne pepper

BBQ Cumin Flat Breads
600g plain flour
2 tsp salt
100g butter
370g whole milk
2 tsp cumin seeds
Little bit of oil for cooking
NB: you can also use ready -made pittas or flatbreads

Minty Yoghurt
200g natural yoghurt
½ tbsp. dried mint
1 small clove garlic minced
salt and pepper

SERVES 8 people

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