

Minced Meat Loaf with Tomato Sauce or Tahini

Kofta Fil Sania

INGREDIENTS:

Servings: 2 people

Meat Loaf:

Finely ground lamb	400 g
Grated medium onion	1
Chopped parsley	15 g
Salt and freshly ground pepper	to taste
Allspice	1/4 tsp

Olive oil	for greasing
Tahini or tomato sauce	150 ml
Pine nuts	75 g

Servings: 4 people

Meat Loaf:

Finely ground lamb	800 g
Grated large onion	1
Chopped parsley	30 g
Salt and freshly ground pepper	to taste
Allspice	1/2 tsp

Olive oil	for greasing
Tahini or tomato sauce	300 ml
Pine nuts	150 g

Servings: 6 people

Meat Loaf:

Finely ground lamb	1 1/4 kg
Grated large onions	1-2
Chopped parsley	45 g
Salt and freshly ground pepper	to taste
Allspice	1/2 tsp

Olive oil	for greasing
Tahini or tomato sauce	450 ml
Pine nuts	225 g

Servings: 8 people

Meat Loaf:

Finely ground lamb	1 1/2 kg
Grated large onions	2
Chopped parsley	60 g
Salt and freshly ground pepper	to taste
Allspice	1/2 tsp

Olive oil	for greasing
Tahini or tomato sauce	600 ml
Pine nuts	300 g

Servings: 10 people

Meat Loaf:

Finely ground lamb	2 kg
Grated large onions	2-3
Chopped parsley	75 g
Salt and freshly ground pepper	to taste
Allspice	1 tsp

Olive oil	for greasing
Tahini or tomato sauce	750 ml
Pine nuts	375 g

Servings: 12 people

Meat Loaf:

Finely ground lamb	2 1/2 kg
Grated large onions	3
Chopped parsley	90 g
Salt and freshly ground pepper	to taste
Allspice	1 tsp

Olive oil	for greasing
Tahini or tomato sauce	900 ml
Pine nuts	450 g

TOOLS:

Chef's knife
Cutting board
Grater
Bowl
Wooden spoon
Pepper mill
Baking dish
Pastry brush

INFO:

A similar dish was first made in palace kitchens, the idea being to use the leftovers from the royal families to feed the servants. As members of the royal families began to realize how tasty the dish was, they forbade the servants from eating it and insisted that it be set on their own tables.

TIME:

prep time : 00:30
cook time : 00:50

PREPARATION:

Preheat the oven to 180° C.

Combine all of the meat loaf ingredients until well mixed. Shape the minced meat mixture into hamburger-shaped loaves. Oil a baking dish, then place the meat in the dish. Brush the meat with olive oil and bake for 30-40 minutes.

Pour the sauce of choice over the loaves then sprinkle with pine nuts. Bake for an additional 10 minutes. Serve very hot, in the tray or out of the tray, with pita bread.