

Authentic Kofta El Haty: The Secret to Juicy Egyptian Grilled Kebabs

To get that authentic "Haty" flavor, quality is key. Here is what you will need:



TIME
5 min

METHOD
Air fryer

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INGREDIENTS

Ground Beef (500g / 1 lb): Aim for 20% fat content. If the meat is too lean, the kofta will be dry and tough.

Small Onion: Finely grated. (Pro tip: Squeeze out the excess juice before adding the pulp to the meat).

Black Pepper: 1/2 tsp, freshly ground if possible.

Salt: 1/2 tsp, or to taste.

Ground Cumin: 1/2 tsp for that essential earthy base.

Ground Cinnamon: 1/4 tsp (optional, but highly recommended for an authentic Egyptian profile).

Tomato Paste: 1 tsp, used for basting to help with browning and moisture.

Ghee or Oil: For the skillet or grill grates.

DIRECTIONS

1. Prepare the : Onion: Grate the onion using the fine side of a box grater. Place the grated onion in a fine-mesh sieve or a piece of cheesecloth and squeeze out as much liquid as possible. Set the juice aside and keep the pulp.
2. Mix the : Meat: In a large mixing bowl, combine the ground beef, the squeezed onion pulp, salt, pepper, cumin, and cinnamon.
3. Knead for : Texture: This is the most important part! Knead the meat mixture with your hands for at least 5 minutes. You want the proteins to break down until the meat becomes "tacky" and holds together easily.
4. Shape the : Kofta: Take a handful of meat and shape it into a log or finger-sized kebab. If you have wide metal skewers, you can wrap the meat around them.
5. Heat the : Pan: Heat a large skillet, grill pan, or outdoor charcoal grill. Add a small amount of ghee or oil.
6. Grill: Place the kofta on the heat. Cook for 10-12 minutes total. Turn them every few minutes to ensure they brown evenly on all sides.
7. Baste: In the last 2-3 minutes of cooking, mix the tomato paste with a teaspoon of the reserved onion juice and brush it over the kofta. This creates a beautiful glaze.
8. The : Charcoal Trick (Optional): To get a true "street food" smoky flavor indoors, place a small piece of glowing charcoal in a foil "cup" in the center of your pan. Drip a drop of oil on the coal so it smokes, then immediately cover the pan with a lid for 2 minutes.

SWAPS & NOTES

The Meat: While traditional Kofta El Haty often uses a mix of beef and lamb (or even pure lamb), using 100% beef is more common for home cooks.

If you use beef, just ensure it has enough fat.

The Onion Juice: When you grate your onion, save the juice in a separate bowl.

You can mix it with the tomato paste to use as a basting liquid.

TIPS FOR SUCCESS

Don't Skip the Fat: If you use 90/10 lean beef, your kofta will crumble.

Chill the Meat: If you have time, let the shaped kofta rest in the fridge for 30 minutes before grilling.

Hand Mixing: Don't use a food processor to mix the ingredients, as it can turn the meat into a paste.

Use your hands to maintain the right "bite."

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/authentic-kofta-el-haty-the-secret-to-juicy-egyptian-grilled-kebabs/>