

BEEF KOFTA

1 cup unrefined coconut oil, gently melted
1 cup expeller-pressed sesame seed oil
1 cup extra virgin, cold-pressed, organic olive oil

1 pound grass-fed ground beef and/or lamb
1 medium onion, diced
2 cloves garlic, diced
½ teaspoon finely grated fresh ginger
1 small red or green chile, seeded and finely chopped
1 ½ teaspoons sea salt
1 teaspoon garam masala (a traditional spice mix from India, usually sold in specialty stores)
1 pastured egg

2 Tablespoons of the oil blend (or ghee)
2 medium onions
2 cloves garlic, finely chopped
1 teaspoon turmeric
1 teaspoon chili powder
1 teaspoon garam masala
2 tomatoes, chopped
1 lemon, juiced
1 teaspoon sea salt
1 can organic whole coconut milk (Thai Kitchen is a good brand)
2-3 green onions, chopped

Combine first three oils in a glass jar and store at room temperature in a dark, cool place. Remember: heat, light and oxygen damage fats, so purchasing and storing oil in a colored glass bottle is best.

To prepare meatballs, combine meat, onion, garlic, ginger, chile, salt, garam masala, and egg in a large bowl. Roll a chunk of the mixture in your hands to form small to medium-sized meatballs. There are two options for cooking the meatballs (I prefer the second):

1. Heat ½ cup of the oil blend in a large skillet over medium-high heat. Fry the meatballs until golden brown, about 5 minutes on each side. Drain on paper towels and set aside.
2. Preheat oven to 350 degrees. Line meatballs in a greased baking pan and bake for 20-30 minutes, depending on size of meatballs.

For sauce, place the oil blend or ghee in a large pan and cook over medium-high heat. Add onions and garlic; sauté until golden brown, about 10 minutes. Add turmeric, chili powder and garam masala; cook for one minute. Stir in tomatoes, lemon juice, and sea salt; add coconut milk. Add meatballs to the sauce, cover, and simmer 10 minutes. Serve in bowls – standing alone or on top of brown rice or another whole grain. Top with green onions.

(Recipe from Mary Enig & Sally Fallon's *Eat Fat, Lose Fat*)



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