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**GOLA KABAB RECIPE**

Discover the exquisite **Gola Kabab Recipe**, an aromatic blend of spices and tender meat. Experience the vibrant flavors of India in every delectable bite. Perfect for gatherings and culinary exploration.

### EQUIPMENT

* Mixing Bowls: For marinating the meat and preparing the spice blend.
* Whisk or Fork: To mix and combine the marinade ingredients.
* Measuring Cups and Spoons: For accurate measurement of ingredients.
* Skewers: Wooden or metal skewers for threading the kababs.
* Grill or Oven: For cooking the kababs. A stovetop grill pan can also be used.
* Brush or Basting Tool: For brushing oil or marinade onto the kababs while cooking.
* Cutting Board and Knife: To chop onions, garlic, and other ingredients.
* Tongs: For turning and handling the kababs while grilling or baking.
* Food Thermometer: To check the internal temperature of the kababs for doneness.
* Plates and Serving Platters: For presenting and serving the finished kababs.

### INGREDIENTS

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* 500 g ground lamb or chicken
* 1 large onion finely chopped
* 2 cloves of garlic minced
* 1- inch piece of ginger grated
* 2 green chilies finely chopped
* 1/4 cup fresh cilantro chopped
* 1/4 cup fresh mint chopped
* 1 teaspoon cumin powder
* 1 teaspoon coriander powder
* 1/2 teaspoon garam masala
* 1/2 teaspoon red chili powder adjust to taste
* 1/2 teaspoon turmeric powder
* 1/2 teaspoon black pepper
* Salt to taste
* 2 tablespoons chickpea flour besan
* 1 tablespoon yogurt
* 2 tablespoons lemon juice
* 2 tablespoons oil plus more for basting

### INSTRUCTIONS

**MARINATION**

Mix ground meat, chopped onion, garlic, ginger, green chilies, cilantro, and mint in a bowl.

Add cumin, coriander, garam masala, red chili, turmeric, black pepper, and salt. Mix well.

Add chickpea flour, yogurt, lemon juice, and oil. Mix again and let it marinate for 2 hours or overnight.

**SHAPING AND COKING**

Preheat the grill or oven to medium-high heat. For Grill: 350°F to 400°F (175°C to 200°C). For Oven: 375°F to 400°F (190°C to 200°C).

Shape the marinated mixture onto soaked skewers to make kababs.

Place the lamb kababs on the grill or in the oven and cook for about 20-30 minutes, turning occasionally, until they are cooked through and no longer pink in the center. (For lamb cook for about 35-40 mins)

To check for doneness, you can use a meat thermometer. The internal temperature of the lamb should reach at least 160°F (71°C).

**SERVING**

Remove cooked kababs from grill or oven.

Slide kababs off skewers and serve with naan or rice.

Enjoy with mint chutney, onions, and lemon wedges.