BALKAN · LUNCH · DINNER

Ćevapi (Bosnian Skinless Beef Kebabs)

Ćevapi

45 min · plus overnight in the fridge Serves 4 276 kcal a serve

Video 12:48 in Bosnian · Kulinado

Gluten-free ingredients | No dairy listed | No nuts listed

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About 24 g protein and 2 g net carbs a serve (five ćevapi): just beef seasoned with salt and pepper, with no breadcrumbs or fillers.

Diet notes: Keto (2.1 g net carbs a serve); Paleo with a swap: olive, avocado or coconut oil instead of the oil.

Ingredients 8 · SERVES 4

- [ ] 500 g **beef mince** from the shoulder (a little fatty), minced twice
- [ ] 10 g **salt**
- [ ] 2 g **ground black pepper**
- [ ] 50 ml **sparkling mineral water**, plus about 2 tbsp more the next day
- [ ] a pinch of **bicarbonate of soda**
- [ ] a few drops of **lemon juice**
- [ ] a little **oil**, for your hands and the pan
- [ ] 1 **onion**, finely chopped, to serve

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Put the beef mince in a bowl and season it with the salt and pepper. 0:20
2. Pour in the mineral water and mix — much longer than you think — until the mince is smooth and sticky. 1:41
3. Cover with cling film and leave it in the fridge overnight (at least about 3 hours). 2:52
4. Next day, mix the pinch of bicarbonate with a few drops of lemon juice and 2 tbsp mineral water, add it to the mince and knead for 10–15 minutes until compact. 4:05
5. With lightly oiled hands, roll 20 balls of about 25 g, pressing the air out. 6:25
6. Shape each ball into a finger-long ćevap: lay it on a strip of freezer bag, fold the plastic over and push it along with a dough scraper. 8:20
7. Fry the ćevapi in a little hot oil, turning them often, for 4–5 minutes. Drain on kitchen paper and serve sprinkled with chopped onion. 10:53

> **Tip** Makes 20, five a serve. In Bosnia they come in a somun or lepinja flatbread with raw onion; with a big salad or ajvar instead of the bread they stay very low in carbs. They grill beautifully over charcoal too.

The method is a summary in our words, in English — the video (in Bosnian) shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
276 kcal	25 g	2.7 g	0.6 g	18 g	1,070 mg
1,150 kJ	49% of a day	2.1 g net · 1.1 g sugars	2% of a day	5.8 g saturated	47% of a day
		1% of a day		23% of a day	

Energy from net carbs 3% · protein 37% · fat 60% — fits keto: 2.1 g net carbs, 60% of the energy from fat

High in (20%+ of a day) Vitamin B12 103% · Zinc 54% · Selenium 37% · Omega-3 26% · Vitamin B6 23%

Source of (10–19%) Iron 14%

Recipe and video: Kulinado on YouTube — youtube.com/watch?v=-c-pb4kuDu4. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/cevapi-bosnian-beef-kebabs