

# MOROCCAN SPICED LAMB MEATBALLS



## INGREDIENTS:

### MEATBALLS:

- 1 lb ground lamb (or mix half lamb/half ground beef)
- 1/2 cup onion, minced fine or grated
- 1/2 cup breadcrumbs
- 1 egg
- 2 cloves garlic, crushed
- 1/4 cup fresh cilantro leaves, finely chopped
- 1 tsp each of cayenne pepper, cumin, ground coriander, paprika (preferably smoked)
- 3/4 tsp cinnamon
- 1/2 tsp salt
- Black pepper
- 1 tbs olive oil

### MINT SAUCE:

- 1 cup plain yogurt
- 1 clove garlic, crushed
- 2 tbs fresh mint, finely chopped
- 1/2 tsp squeeze of fresh lemon juice, to taste
- Salt and pepper, to taste

## PREPARATION:

1. Using a small blender, make the mint sauce: Mix yogurt, garlic and mint at high speed to pulverize the mint in the yogurt. Set aside sauce, covered in a small bowl, to rest and develop mint flavor while you make the meatballs.
2. Whisk the egg in a small bowl, and carefully add the dry spices to the egg and whisk together until well blended. In the bowl of a mixer, combine lamb, onion, garlic, cilantro, and egg/spice mixture. Mix on low until well combined.
3. Set oven to 400 degrees. While oven warms up, prepare a baking sheet with foil and smear the foil and your hands with olive oil. Using your oiled hands, form meatballs of about 1 heaping tablespoon (1 ounce), rolling them into round balls and placing on the baking sheet. You should get about 22 meatballs.
4. Bake meatballs for about 20 minutes until lightly browned. While they bake, adjust the mint sauce with lemon juice, salt and pepper to taste.

## TO SERVE:

Serve hot from the oven, with mint sauce on the side. Serve with sliced cucumber and tomato, and warm pita bread. Use mint and cilantro leaves for garnish. Enjoy with Sarah's Vineyard Estate Cabernet Sauvignon.

