

Lamb Kofta with Red Pepper Sauce.

Ingredients - Lamb Kofta

500g lamb mince
1 red onion, finely chopped
1/2 cup chopped continental parsley
3 garlic cloves, crushed
1 tsp ground cumin
1 tsp ground coriander
1/2 tsp ground cinnamon
1 tbsp tomato paste
35g (1/2 cup) fresh breadcrumbs (day old bread)
1 egg, lightly whisked
Salt & freshly ground black pepper
75g (1/2 cup) plain flour
2 tbsp olive oil

Ingredients - Sauce

2 tsp olive oil
1 brown onion
3 cloves crushed garlic
1/2 tsp dried oregano
2 red capsicum, de-seeded, membrane removed and sliced
4 roma tomatoes, blanched, skin removed, and chopped
1 tbsp balsamic vinegar
Salt and Pepper
1 tsp schezuan pepper
1 bay leaf

Preparation - Lamb Kofta:

1. Sauté finely chopped red onion with crushed garlic, Add ground spices and cook until aromatic.
2. Cool mix then add to lamb mince, mix thoroughly with tomato paste, egg, salt, black pepper, chopped parsley and fresh bread crumbs.
3. Let mix chill in fridge, then form into small meat balls. Lightly dust in flour and pan fry in a little olive oil. If gluten intolerant, dust lightly in rice flour or just serve fried on their own.
4. Serve with a red capsicum sauce.

Preparation for Sause:

1. Sautee onion, crushed garlic and dried oregano until soft in olive oil.
2. Add red capsicum and cook until softened, add chopped roma tomatoes. Season with salt and pepper.
3. Bring to boil and simmer for 5 minutes. Place in food processor with balsamic vinegar and pulse till thick.
4. Serve with lamb kofta.

Everything you need
to create exotic fare
at home.

· D · A · N · D · E · N · O · N · G ·
MARKET
dandenongmarket.com.au