

lamb koftas with spiced yogurt

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serves 6-8 as an appetizer

for the lamb koftas:

1 1/2 lb ground lamb
1/2 onion, minced
2 garlic cloves, minced
1 teaspoon toasted and ground cumin seeds
1 teaspoon ground cinnamon
1 1/2 tablespoon finely chopped fresh parsley
1 tablespoon finely chopped fresh mint
1 tablespoon finely chopped fresh oregano
2 tablespoons toasted pine nuts
1 1/2 teaspoons salt
freshly ground black pepper

mix all the ingredients together in a bowl. form a small ball of the mixture and cook in olive oil in a hot skillet for a couple of minutes, let cool a bit before tasting for seasoning. adjust seasoning if necessary. loosely form small balls, rolling them into elongated "football" shapes. do not overwork. cook them in a cast-iron skillet over medium-high heat until browned all over but still tender to the touch.

for the spiced yogurt:

2 cups plain yogurt, ideally organic + grass-fed, strained through a fine-mesh sieve until thickened (save the liquid for another use!)

1/2 tsp cumin seeds, toasted in a dry pan until fragrant, cooled then finely ground

1/2 tsp fennel or coriander seeds, toasted in a dry pan until fragrant, cooled then finely ground

1 clove garlic, grated

1 tablespoon fresh mint, finely chopped

2 tablespoons fresh parsley, finely chopped

1 tablespoon white wine vinegar

4 tablespoons good olive oil

zest + juice of 1 lemon

sea salt to taste

put the strained yogurt in a medium bowl.

place the garlic, ground seeds, fresh herbs and lemon juice in the bowl of a food processor. process into a paste. add the olive oil and vinegar and pulse a couple of times until blended. add the mixture to the yogurt in the bowl, stirring in the lemon zest and sea salt to taste. if the mixture seems too thick, add a bit of water. to serve, drizzle with a little more olive oil.