Recipe For Health  |  APRIL 2019

NORTH AFRICAN SPICED LAMB MEATBALLS

Meatballs in red sauce are classic all over the world. The spice defines the cuisine. For these lamb meatballs, a sauce might begin with tomatoes or red peppers; season with coriander and cinnamon; finish with fresh mint; then serve over couscous.

*by Corporate Chef Kurt Kwiatkowski*

**Featured Food:** Ras El Hanout

**Yield:** Makes about 20 meatballs

**Ingredients**

| 1 lb. ground lamb | ¼ c. panko breadcrumbs |
| 1 T. ras el hanout  | 2 oz. heavy cream       |
| 3 clove garlic, minced | 1 egg               |
| 3 green onions, thinly sliced | 2 T. diced sun-dried tomatoes |
| 3 T. chopped cilantro      | 2 t. kosher salt      |
| 1 t. berbere*             | ¼ t. black pepper     |

**Preparation**

Preheat oven to 350°F.

Mix lamb with all ingredients by hand very well until the mixture becomes sticky.

Portion mixture into 1oz. balls and place them on a sheet tray lined with parchment paper.

Roast meatballs in the oven for about 15 minutes, or until internal temperature is 155°F.

*Berbere is an Ethiopian spice blend that includes fenugreek, ginger, garlic, and chili peppers as well as a few spices unique to the region. While not the same, Chef Kurt says you can substitute cayenne pepper and paprika in an amount that works with your preference for heat!*