

***Lamb Patties with Paprika Sour Cream**

Serves (6) 4

(2) 1 ¼ pounds ground lamb
(3) 2 teaspoons peanut oil
(1 ½) ¾ cup onions, finely
chopped
3 large (2) garlic clove, mashed

(¾) ½ cup bread crumbs
(1 ½) 1 egg, beaten
(3) 2 tablespoons parsley, finely
chopped
(4 ½) 3 tablespoons dill, finely
chopped
salt and pepper

(3) 2 tablespoons oil

Sauce:

(1) ½ teaspoon sweet paprika
(¼) ⅛ teaspoon thyme
(½) ¼ cup white wine
(½) ¼ cup chicken broth
(2) 1 cup sour cream
(3) 1 ½ tablespoons capers
salt to taste

Put meat aside in mixing bowl.

Sauté onions and garlic in peanut oil. Let cool. Divide in half. To meat add 1/2 onion mixture, breadcrumbs, egg, parsley, 2 tablespoons dill, salt and pepper to taste. Mix well. Shape into 2-inch balls (16 balls). Flatten slightly to make patties.

Heat oil in large skillet. Add patties in batches. Cook 5 minutes per side over med-low heat. Transfer patties to warm platter; pour off fat from skillet and dry with paper towels.

Sauce: Add to skillet remaining onions, paprika, thyme, and wine. When it boils add broth and reduce to 1/4 cup. Remove from heat and stir in sour cream and capers. Return to heat and warm gently without boiling. If sauce is too thick, add more chicken broth. Add salt and paprika to taste. Pour sauce over patties and sprinkle with remaining dill.

Wally's Barbecued Lamb

Wally Kock

1 whole leg of lamb, boned

juice of one lemon

1/4 teaspoon salt

Mix in blender:

dash oregano, celery seed, Beau

1 cup salad oil

Monde

1/2 cup red wine

2 garlic clove

2 tablespoons balsamic vinegar

2 teaspoon sugar

Remove fat, skin sinews from lamb. Cut into large pieces. Tie smaller pieces together. Marinate lamb overnight.

Barbecue 10 minutes per side. Remove at 120 to 125-degrees for medium rare. Wrap in foil and let rest 10-15 minutes. Serve in large pieces or sliced.

Suggestion: Serve with Lemon Orzo recipe.

Shish Kebabs

Serves 4

Marinade:

½ cup salad oil

¼ cup lemon juice

1 teaspoon salt

1 teaspoon marjoram

1 teaspoon thyme

½ teaspoon pepper

1 clove garlic

½ cup onions, chopped

¼ cup parsley, chopped

5 ½ pounds leg of lamb, well
trimmed and cut into 1-inch cubes

cherry tomatoes

onions, quartered

mushrooms

bell peppers, quartered

Blend the first 7 marinade ingredients.

Stir in onions and parsley. Marinate lamb for 2 hours or overnight. Par boil onions and pepper.

Alternately skewer lamb and vegetables. Grill on high for 3-5 minutes per side. Baste occasionally with marinade.

Serving suggestions: Serve with Rice Pilaf or Lemon Orzo and green salad.

Mother's Leg of Lamb

1 leg of lamb
garlic or paprika
salt and pepper
mint jelly

Remove lamb from refrigerator 1 hour. before cooking. Insert slivers of garlic into the skin or rub with paprika; season with salt and pepper. Place meat, fat side up on roasting rack in a 450-degree preheated oven. Cook lamb for about 15 minutes, or until browned. Then turn oven down to 350-degrees and continue cooking 15-20 minutes per pound. Remove when internal temperature reaches 120-125-degrees for medium rare. Cover with foil at least 15 minutes before carving. Serve with mint jelly.

***Lamb Pita Sandwiches**

cooked lamb, cut into ½-inch pieces

Pita bread spread with 1000 island dressing

shredded spinach

feta cheese, crumbled

tomatoes, diced

Greek olives, pit removed, sliced

On large platter, arrange lamb, spinach, feta, tomatoes and olives. Put dressing in small side bowl.

Warm Pita bread. Have everybody makes their own sandwich.

***Grilled Rack of Lamb**

Serves two

John & Kitzen

1 rack of lamb, Frenched, lightly trimmed, score top fat
1 garlic clove, minced
1 to 2 tablespoons minced rosemary
salt and pepper
mint jelly

Preheat barbecue for 10 minutes on high.

Rub lamb with garlic and rosemary; season with salt and pepper. Cover bones with heavy foil to prevent burning.

Grill lamb for 3 minutes per side. (Watch out for flaming.) Reduce heat to low. Cook covered for 5 minutes; check temperature. Remove at 120-degrees. Cover with foil and let set for 10 minutes. Serve with mint jelly.

***Seven Hour Lamb**

4 pounds lamb (bone in) serves 8

Note: Measure the diameter of your pot and have lamb cut to fit.

4 pounds leg of lamb but end, bone in

olive oil

coarse salt and pepper

2 large onions, peeled, quartered, sliced not too thin

1 cup dry white wine

1 can beef stock

12 cloves garlic, peeled and smashed

1 large can chopped S&W Ready-Cut tomatoes

few sprigs thyme

3 bay leaves

4 big carrots, peeled and chopped into big-ish chunks

4 stalks celery, chopped into chunks

Preheat oven to 300-degrees. Make sure your oven rack is low enough to fit your large pot.

Heat a large, heavy lidded pot on medium high; add 1 to 3 tablespoons olive oil. Dry lamb, pat dry, salt and pepper. Brown at least 10 minutes.

Remove lamb. Reduce heat a little and add onions and celery and let them color a little. Add thyme, bay leaves and then garlic. Add wine and let it cook down a little; then add the can of stock. Let this cook down a little and then add the can of tomatoes, juice and all. Bring back to the boil. Put the lamb back in the pot and scatter the vegetables around. Let it bubble again. Lightly salt and pepper for luck. Tear off a large piece of parchment paper, crumple it on top of the pot, pop the lid on and shove it in the oven. After 1 hour, reduce the oven to between 250 and 200, until the mixture is just simmering. Cook for 6 to 7 hours, or until lamb is very tender and falling off the bone.

Remove the lamb from the pot, discarding the bone, fat and sinew. Cut the lamb into large pieces; set aside. Strain the liquid, reserving the vegetables. De-

grease the liquid and return it back to the pot with the vegetables and lamb.
Serve with chopped parsley and really good bread and perhaps a nice salad.

Ground Lamb Meatballs with Yogurt Sauce

Serves 6-8

Meatballs:

1/3 cup dry bulgur
2 pound lean ground lamb
2 garlic cloves, minced
1 large onion, minced
2 teaspoons kosher salt
1 teaspoon black pepper
2 egg
2 teaspoons ground cumin
2 teaspoons ground paprika
1/4 cup minced parsley
1/2 cup minced cilantro

Yogurt Sauce:

1 cup whole-milk yogurt
1/2 diced cucumber
pinch cumin
pinch salt
pinch pepper
2 tablespoons minced mint or oregano
lemon juice to taste

Soak bulgur in 1 cup water for 30 minutes, drain. Mix together all meatball ingredients by hand. Form into large balls and press lightly to form thick patties.

Preheat barbecue. Meanwhile mix together all ingredients for yogurt sauce.

Oil grate with olive oil. Turn down heat on grilling side to medium. Grill patties 4 minutes per side.

Suggestions: Served with grilled vegetables (red peppers, onion, eggplant).

***Lamb Curry**

Serves 6

¼ cup olive oil divided
1 large red onion, finely chopped
1 ½ tablespoons ginger paste
1 ½ tablespoons garlic, pressed
1 teaspoon ground coriander
1 teaspoon turmeric
1 teaspoon ground cumin
½ teaspoon cayenne pepper
2 pounds trimmed, chopped leg of
lamb, 1-inch pieces, buy 3 ½ pounds
bone in
½ cup tomato paste
2 tablespoon plain yogurt
½ teaspoon salt

2 to 3 teaspoons garam masala spice
¼ cup coarsely chopped dried figs
condiments: pickles, chopped
cilantro, chutney
1 ½ cups basmati rice cooked in 3
cups water
nan (Indian bread)

Sauté onion in 2 tablespoons olive oil until well browned, about 10 minutes. Add 2 tablespoon olive oil to the center of pan; add ginger, garlic, coriander, turmeric, cumin, cayenne and 1 tablespoon water. Sauté for 2 minutes, stirring constantly. Set aside. Clean pan.

Brown lamb in olive oil and add to large, heavy saucepan. Stir in tomato paste, onion-spice mixture, figs, yogurt and salt to coat lamb. Stir in 1 cup water. Bring to a gently simmer, cover and cook until meat is fork tender, 40 to 60 minutes or until lamb is very tender. Add more water if needed to make the sauce. Stir in garam masala. Season with salt to taste. Cook rice.

Serve curry over the rice with condiments and nan.

Shepherd's Pie

Serves (2) 4

Note: Serve with a tomato salad and bread.

Champ:

- (2) 4 Yukon Gold potatoes, peeled and chopped into 2-inch pieces
- (1) 2 teaspoons salt, plus extra
- (1/3) 2/3 cup $\frac{1}{2}$ and $\frac{1}{2}$, plus extra
- (3) 6 green onions, thinly sliced
- (1) 2 tablespoons butter
- salt to taste
- (1/8) 1/4teaspoon ground nutmeg
- (1/2) 1 pinch cayenne
- Freshly ground black pepper

Lamb Filling:

- (1/2) 1 pound ground lamb
- (1) 2 tablespoons olive oil
- (3/4) 1 $\frac{1}{2}$ cups onion, diced
- (1/2) 1 large carrot, diced
- (3) 6 ounces cremini mushrooms, sliced
- (1) 2 tablespoons flour
- (1/2) 1 heaping tablespoon tomato paste
- (1/2) 1 teaspoon fresh thyme leaves
- (Continued)

(1 ½) 3 tablespoons dry sherry

salt and black pepper

(1 ¼) 2 ½ cups beef broth

Champ: In a large saucepan, add the potatoes, (1) 2 teaspoons salt and cold water to cover by 2-inches. Bring to a boil and until potatoes are tender, about 15 minutes. Meanwhile, in a small saucepan, combine milk and green onions and bring to a simmer. Reduce heat to low until ready to mash.

Drain the potatoes in a colander and allow steam to evaporate for 10-minutes. Return potatoes to pan. Add milk/green onion mixture, butter, nutmeg and cayenne. Mash until potatoes are smooth. Add more milk if necessary. Season with salt and pepper to taste and set aside.

Preheat oven to 375-degrees.

Lamb Filling: Heat a large non-stick skillet over medium heat. Add the lamb and cook until no longer pink. Drain and transfer lamb to a large bowl. Set aside.

Return skillet to medium heat and add the oil. Add the onions, carrots and mushrooms. Sauté stirring occasionally until the vegetables are tender,

about 10-minutes. Stir in the flour and cook 1-minute. Add the tomato paste, thyme, sherry and broth. Bring to a simmer over medium-high heat, stirring constantly. Stir in the lamb and simmer uncovered until the stew is thick and bubbly, about 15 minutes. Season with salt and pepper to taste.

Assembly: Pour the lamb into a baking dish. Spoon the champ over the lamb mixture and place on a baking sheet to collect any drips. Bake until the stew is bubbly around the edges, about 15 minutes. Allow the pie to cool for 10 minutes before serving.

Serves 6-8

Grilled Lamb Kebabs

Cook's Illustrated

Yogurt-Garlic Sauce:

1 cup plain whole-milk yogurt
2 tablespoons lemon juice, or to taste
2 tablespoons chopped mint
1 garlic clove, minced
½ teaspoon salt

Kebabs:

½ cup pine nuts
4 garlic cloves, peeled
1 ½ teaspoons hot smoked paprika

Yogurt-Garlic Sauce: Whisk all ingredients together. Chill. Adjust seasonings.

Kebabs: Process pine nuts, garlic, paprika, salt, cumin, pepper, coriander, nutmeg and cinnamon in food processor until coarse paste forms, 30 to 45 seconds. Transfer mixture to large bowl. Add lamb, onion, parsley, mint and

1 teaspoon salt
1 teaspoon ground cumin
½ teaspoon pepper
¼ teaspoon ground coriander
¼ teaspoon ground nutmeg
¼ teaspoon ground cinnamon
1 ½ pounds ground lamb
½ cup finely minced onion
⅓ cup minced parsley
⅓ cup minced mint
1 ½ teaspoons unflavored gelatin

gelatin. Knead with your hands until thoroughly combined and mixture feels slightly sticky, about 2 minutes. Divide mixture into 8 equal (3 ¾ ounces each) portions. Shape each into 5-inch long cylinders about 1-inch thick. Thread 2 cylinders onto each skewer, pressing gently to adhere. Transfer skewers to lightly greased baking sheet, cover with plastic wrap and refrigerate for at least 1 hour or up to 24 hours.

Grilling: Preheat grill for 15 minutes. Clean and oil grate. Place skewers on grill at 45-degree angle to grate. (You may need to turn down the burners to maintain 400-degrees.) Cook covered until browned, about 4 minutes. Flip skewers and continue to cook until browned on second side and meat registers 160-degrees, about 4 minutes longer. Transfer skewers to platter and let rest 5 minutes lightly covered. Serve with yogurt-garlic sauce separately.

Lebanese Kibbee

Serves 4

Mike P

- 1/2 cup bulgur
- 1/2 cup hot water
- 1 teaspoon dried mint
- 1 teaspoon ground cumin
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1 onion, minced and sautéed
- 2 tablespoons chopped fresh parsley
- 1 pound ground lamb
- 2 tablespoons pine nuts, toasted

Yogurt sauce: yogurt, cumin, minced garlic, salt, minced herbs (oregano, dill, cilantro)

Preheat oven to 350-degrees.

Soak bulgur in hot water until it expands and cools, about 10 minutes. Drain. Place bulgur, mint, cumin, pepper, cinnamon, salt, onion, parsley and lamb in food processor. Pulse about 10 times until well mixed. Divide lamb mixture in half. Pat the first half into a 8-inch square. Sprinkle pine nuts over the meat, then layer the remaining lamb on top, patting firmly. Cut the kibbee into 2-inch squares; then roll each one to make logs.

Place logs on a parchment covered baking sheet and bake 30 minutes. Serve with yogurt sauce.

Moroccan Crock Pot Lamb

Serves 6

Bon Appétit | February 2005

1 tablespoon ground cumin
2 teaspoons ground coriander
1 1/2 teaspoons salt
1 teaspoon fennel seeds
1/2 teaspoon cayenne pepper
1/2 teaspoon ground black pepper
2 1/2 pounds trimmed boned leg of
lamb, cut into 1 1/2- to 2-inch
pieces
4 tablespoons olive oil, divided

1 large onion, finely chopped
1 tablespoon tomato paste

2 cups low-salt chicken broth
1 15 1/2-ounce can garbanzo beans
(chickpeas), drained
1 cup dried apricots (about 5
ounces)
2 large plum tomatoes, chopped
2 cinnamon sticks
1 tablespoon minced peeled fresh
ginger
2 teaspoons (packed) grated lemon
peel
2 tablespoons chopped fresh cilantro

Mix first 6 ingredients in large bowl. Add lamb and toss to coat. Heat 2 tablespoons oil in heavy large skillet over medium-high heat. Working in batches, add lamb to skillet and cook until browned on all sides, turning occasionally and adding 2 more tablespoons oil to skillet between batches, about 8 minutes per batch. Transfer lamb to crock pot after each batch.

Add onion and tomato paste to drippings in skillet. Reduce heat to medium; sauté until onion is soft, about 5 minutes. Add broth, garbanzo beans, apricots, tomatoes, cinnamon sticks, ginger, and lemon peel and bring to boil, scraping up browned bits. Transfer to crock pot. Set heat to low, cover, and cook until lamb is just tender, about 3 hours.

Optional: Strain liquid into a skillet and simmer until sauce thickens enough to coat spoon, about 20 minutes. Season to taste with salt and pepper and return to crock pot. (Can be prepared 1 day ahead. Cool slightly. Refrigerate uncovered until cold, then cover and keep chilled. Rewarm over medium-low heat, stirring occasionally.) Transfer lamb and sauce to bowl. Sprinkle with cilantro and serve.

Marinated & Oven Roasted Rack of Lamb

2 Racks, Serves 4

Emeril Lagasse

1/2 cup olive oil

2 tablespoons minced garlic

2 tablespoons minced fresh rosemary

2 teaspoons Kosher salt

2 teaspoons grated lemon zest

1 teaspoon freshly ground black pepper

2 Frenched racks of lamb, trim off heavy fat and score salt

Wisk all the marinade ingredients. Brush marinade on both sides of the lamb racks. Transfer to a plastic bag and refrigerate overnight, turning occasionally. Remove lamb from refrigerator 2 hours before cooking. Pat dry with paper toweling.

Preheat oven to 400-degrees. Heat oil in heavy skillet. Sear the meat for 3 to 5 minutes per side; cover bones with heavy foil.

Place meat on roasting rack. After 5 minutes, check temperature (120-degrees for rare). Remove from oven, lightly cover with foil and let rest 10 minutes before carving.

Braised Lamb with Egg and Lemon

Serves 6

David Tanis, NYT Cooking

Notes: Make one day ahead. Great dish for Easter dinner. Accompany stew with roasted carrots or asparagus.

5 1/2 pounds boneless lamb
shoulder, trimmed to about 5
pounds

salt and pepper

extra-virgin olive oil

1 large onion, diced

4 large garlic cloves, chopped

2 tablespoons all-purpose flour

1 tablespoon tomato paste

1/2 cup white wine

4 cups chicken broth

2 sprigs thyme

2 sprigs rosemary

bay leaf

1 cup Israeli couscous (see recipe)

4 egg yolks

1/4 to 1/2 cup lemon juice

1 teaspoon lemon zest

3 tablespoons chopped parsley

3 tablespoons chopped celery heart
leaves

(continued)

3 hard-cooked eggs, halved, at room temperature

optional 2 tablespoons cornstarch mixed with cooking liquid at room temperature

1) Position rack in middle of oven and heat to 400-degrees. Trim lamb of excess fat leaving about 4 pounds. Cut in 3-inch pieces and season with salt and pepper. Put 2 tablespoons olive oil in large Dutch oven and brown lamb lightly on each side. (Do this in batches.) Remove the lamb from pan and set aside.

2) Add onions to pot and cook until soft and somewhat brown, about 8 to 10 minutes. Add garlic, flour and tomato paste, and stir to coat the onions. Stir in wine and broth, then bring to a simmer. Add the lamb pieces, thyme, rosemary and bay leaf.

3) Cover pot and bring to a boil. Transfer to oven. Bake for 15 minutes, then lower heat to 300-degrees. Cook 1 to 1 1/2 hours or until meat is very tender.

4) Remove lamb pieces with a slotted spoon. Strain cooking liquid through a fine-mesh sieve, then return lamb pieces and strained liquid to the pot. Taste and adjust seasoning. Cool to room temperature, then cover pot and refrigerate overnight.

5) Remove pot from fridge and discard congealed fat. Transfer about 1/3 cup cooking liquid to a small bowl and whisk in the cornstarch; set aside. Place pot over medium heat and bring to a bare simmer. Whisk the egg yolks and lemon juice together until well combined. Gradually stir in some of the hot stew liquid to temper the eggs. Pour the egg mixture back into the stew. Bring the stew once again to a bare simmer, stirring continuously. If you want the liquid thicker, stir in the cornstarch mixture and maintain a bare simmer until the liquid has thickened. Taste and adjust seasonings as desired. (You can prepare the recipe ahead to this point.)

6) Just before serving, bring the stew to a bare simmer (the liquid will curdle if too hot). Using a slotted spoon, serve stew to individual plates, garnishing each with half a boiled egg and a sprinkling of celery leaves and parsley.

Lamb Stuffed Zucchini

Serves 4

Mario Batali

4 medium zucchini or two medium large
lemon juice
1/4 cup virgin olive oil
1 medium Spanish onion, finely chopped
4 cloves garlic, thinly sliced
1 pound ground lamb, crumbled
2 eggs
1 bunch fresh basil leaves, picked but left whole
2 cups basic tomato sauce
Shredded Mozzarella

Basic Tomato Sauce: (makes about 2 cups):

1 Spanish onion, cut into 1/4-inch dice
4 cloves garlic, thinly sliced
3 ounces virgin olive oil
1/4 cup fresh thyme leaves (or 2 tablespoons dried leaves)
1/2 carrot, shredded finely
2 28 -ounce cans of tomatoes, crushed and mixed
Salt to taste

To Make Tomato Sauce: Sauté onion and garlic in olive oil over medium heat for about 10 minutes, or until translucent but not browned. Add thyme and carrot, cook 5 minutes over medium heat and add tomatoes. Bring to boil, lower heat to just bubbling and simmer 30 minutes, stirring occasionally. Season with salt to taste and set aside.

To Make Stuffed Zucchini: Preheat oven to 450 degrees.

Trim zucchini and cut in half lengthwise. Using a spoon or a melon baller, remove a canal down center of each zucchini half, leaving a 1/4-inch all around and the ends closed. Microwave to soften. Sprinkle with lemon juice. Roughly chop the excess zucchini flesh and set aside

In a 10- to 12-inch sauté pan, heat olive oil until just smoking. Add onion and garlic and cook over medium high heat until softened, about 6 to 7 minutes. Add zucchini pieces and crumbled lamb and cook until lamb is cooked through, about 10 minutes. Drain fat from lamb mixture and place in a large mixing bowl. Add eggs, half of the basil leaves and 1 cup tomato sauce and mix well. Season both the mixture and the zucchini boats with salt and pepper. Stuff the lamb mixture into zucchini boats and pile high; top with remaining tomato sauce. Place in an oven-proof baking dish, sprayed with Pam, just large enough to hold the 8 pieces. Bake in preheated 450-degree oven for 20 to 25 minutes. Top with mozzarella and continue baking until cheese has melted. Serve warm and sprinkle with remaining basil leaves.

Lamb Meatballs with Spiced Tomato Sauce

Serves 3 servings Suzanne Goin

Note: Make the sauce one day ahead.

Meatballs:

1/2 medium onion, peeled and finely diced, sautéed
2 tablespoons cup heavy cream or sour cream
1 egg yolks, extra-large
1/4 teaspoon ground cinnamon
1/2 teaspoon ground cumin
Pinch red-pepper flakes
Pinch cayenne pepper, or to taste
1 pound ground lamb
Kosher salt and freshly ground black pepper

1/2 cup bread crumbs
2 tablespoons chopped parsley

Sauce:

1 28-ounce can whole tomatoes
3 tablespoons extra-virgin olive oil
1 teaspoon oregano
1 medium onion, peeled and diced
1 teaspoon fresh thyme leaves
1 teaspoon ground cumin
1/2 teaspoon ground cinnamon
1/4 teaspoon cayenne pepper
1 bay leaf

1 teaspoon white sugar
¼ cup orange juice
1 3-inch strip of orange peel, pith removed
Kosher salt and freshly ground black pepper to taste

Garnish:

4 ounces feta cheese, crumbled
2 tablespoons thinly sliced mint leaves or parsley

Adjust oven rack to the middle of the oven. Preheat oven on broil to 425-degrees. In a medium bowl, mix together the onion, cream, egg yolks, cinnamon, cumin, red pepper and cayenne. Put the lamb in the bowl, and season it aggressively with salt and pepper. Add the bread crumbs and parsley, and combine the mixture well. Shape the meat into balls that are the size of golf balls.

Grease a foiled-lined baking sheet with olive oil, and put the meatballs onto it, spaced evenly. Broil until the meatballs are well browned, approximately 7 to 9 minutes or until 165-degrees, then set meatballs aside. Meanwhile, make the sauce. Pour the tomatoes with juice in the bowl of a food processor. Pulse

until the mixture is blended with some small pieces of tomato remaining. Heat a saucepan over medium-high heat for a minute, then add olive oil, rosemary and red pepper and shake to combine. Cook for another minute, then add onion, thyme, cumin, cinnamon, cayenne and bay leaf and sauté until the onions are translucent, approximately 5 to 7 minutes. Add tomatoes, sugar, orange juice and peel, along with salt and pepper.

Cook for 5 minutes over medium-low heat, until reduced by a fourth. Adjust seasoning.

Preheat oven to 400-degrees. Pour the tomato sauce into a baking dish. Transfer the meatballs to the sauce, putting them about ½ inch from each other. Bake for 15 or 20 minutes, until the sauce is bubbling and the meatballs are cooked through.

Top with crumbled feta and scattered mint.

Curried Meatballs With Eggplant

Serves 4

Florence Fabricant for NY Times Cooking

1 ¼ cups basmati rice
2 tablespoons finely minced ginger
1 1/2 teaspoons mustard
1 1/2 teaspoons cumin
1 1/2 teaspoons coriander
½ teaspoon crushed chile flakes, to taste
4 tablespoons ghee or vegetable oil
1 medium onion, finely chopped

1 medium eggplant, about 1 pound, quartered lengthwise, cut in 1/2-inch slices
1 pound ground lamb or beef
1 large egg, lightly beaten
2 tablespoons minced fresh mint, divided
Salt
1 poblano chile, seeded and slivered
2 teaspoons garam masala
2 medium tomatoes, chopped

Rinse the rice twice, drain, then place in a saucepan and mix in half the ginger. Add 2 1/2 cups water, bring to a boil, reduce heat to very low, cover and

cook 15 minutes. Set aside, covered. Mix together mustard, cumin, coriander and chile flakes. Toast in a skillet until fragrant. Divide in half and set aside.

Add 1 tablespoon of the ghee or oil to the pan. Add onion and sauté on low until very lightly browned. Remove, divide in half and set aside. Add remaining ghee or oil and sauté eggplant on medium until lightly browned. Remove.

Mix ground meat with half the onions, half the ground spices, 6 tablespoons of the rice, the egg, half the mint and salt to taste. Form into 1-inch meatballs. Sauté meatballs in pan on medium until lightly browned. Don't worry if a few of them break up. Remove. Add poblano, remaining ground spice mixture, garam masala and remaining ginger to pan. Sauté on medium until poblano wilts.

Add tomatoes, simmer on low 5 minutes, scrape bottom of pan, add 1 cup water, then return eggplant, remaining onion and meatballs to pan. Cover and simmer 15 minutes. Taste for seasoning, adding more salt and chile if needed. Reheat rice on low. Dust curry with remaining mint and serve with rice.