



## **Moroccan Spiced Lamb Kebabs with Minted Yogurt**

Makes 4 servings.

### **Ingredients: Moroccan Spiced Lamb Kebabs**

#### **For the Kebabs**

- 2 lb. boneless leg of lamb
- 2 large red onions
- 3 bell peppers (mixed colors)
- 16 long bamboo skewers

#### **For the Marinade**

- ½ cup lemon juice + grated zest of 1 lemon
- 1 tsp. ground coriander, toasted
- ½ tsp. ground cumin, toasted
- 2 tsp. Kosher salt
- 1 ½ tsp. ground black pepper
- 2 tsp. dry ginger powder
- ½ tsp. grated nutmeg
- ½ tsp. cinnamon
- 1 Tbs. paprika
- ½ tsp. cayenne
- A pinch of saffron
- 2 Tbs. sugar or honey
- 5 large garlic cloves
- 2/3 cup chopped onion
- 1 cup lightly packed Italian parsley
- ½ cup lightly packed cilantro
- 1 ½ cup olive oil

**Culinary Craftwork Offers Professionally Taught In-Home Cooking Classes, Cooking Class Parties & Catered Dinner Parties.**

Alyssa Salwen | Web [www.CulinaryCraftwork.com](http://www.CulinaryCraftwork.com) | Email [Alyssa@CulinaryCraftwork.com](mailto:Alyssa@CulinaryCraftwork.com) | Cell (408) 429-0999 | Office (408) 372-2074



## Moroccan Spiced Lamb Kebabs with Minted Yogurt (Cont.)

### Directions: Moroccan Spiced Lamb Kebabs

#### Make the Marinade

Toast the cumin and coriander in a small pan over medium-high heat until lightly browned and fragrant.

Combine the spices & seasonings, onion, garlic and lemon juice in a blender. Mix well. Add the parsley and cilantro, and puree well. With the blender running, slowly add the olive oil. Combine well till thick and creamy.

#### Prepare the Lamb

Trim the lamb well, removing the fat, silver skin, and connective tissue. Cut the lamb into 1 ½ -inch cubes. Toss with enough marinade to coat well in a re-sealable bag. Cover and refrigerate for at least 4 hours. Reserve the rest of the marinade.

#### Prepare the Vegetables

Cut the onions and peppers into 1 ½ -inch chunks. Toss with a bit of olive oil, salt & freshly ground pepper.

#### Assemble the Kebabs

Skewer the lamb, alternating with onion and bell peppers. Let the lamb come to room temperature before grilling.

Preheat the grill to medium-high. Grill the kebabs for 3–5 minutes on each side, covered, till the lamb is grill-marked and the vegetables have softened slightly. Brush the kebabs with a bit of the reserved marinade. Cook the lamb till medium-rare (pink inside). Serve immediately with minted yogurt, rice and sautéed spinach if desired.

### Minted Yogurt

#### Ingredients

- 1 cup plain yogurt
- 1 garlic clove, smashed with salt to a fine paste
- 2 Tbs. chopped fresh mint
- Salt & freshly ground black pepper to taste
- 2 lb. boneless leg of lamb

#### Directions:

Combine the yogurt, garlic and mint in a small bowl. Mix together well, and season with salt and freshly ground pepper.