



LAMB KOFTA WITH SPICED YOGURT SAUCE AND COUSCOUS

Pairs with 2023 Foggy Bend Pinot Noir

INGREDIENTS

For the lamb meatballs:

1 lb. ground lamb
¼ cup Foggy Bend Pinot Noir
½ cup panko breadcrumbs
¼ cup fresh parsley, finely chopped
¼ cup fresh oregano, finely chopped

1 small onion, grated
2 cloves garlic, minced or grated
1 tsp ground cumin
1 tsp ground coriander
½ tsp ground cinnamon

½ tsp ground allspice
½ tsp ground paprika
Salt and pepper to taste
2 Tbsp (or more) olive oil

For the spiced yogurt sauce:

1 cup plain Greek yogurt
1 Tbsp lemon juice
Zest of 1 lemon
1 clove garlic, minced
1 tsp ground cumin
1 tsp ground coriander
Salt and pepper to taste

For the couscous:

1 cup couscous
1 ¼ cup chicken stock or water
1 Tbsp olive oil
¼ cup fresh parsley, chopped
¼ cup fresh mint, chopped
¼ cup toasted pine nuts
¼ cup dried apricots, finely chopped

Garnish:

Pomegranate seeds
Fresh mint leaves
Lemon wedges

INSTRUCTIONS

Prepare the meatballs: In a large bowl, combine all the ingredients for the lamb meatballs and mix until well combined. Shape the mixture into small meatballs, about 1 inch in diameter. (Using a portion scoop can be helpful for consistency.) Heat 2 Tbsp or more of olive oil in a large skillet over medium-high heat, ensuring you have enough oil to reach about halfway up the meat. Cook one meatball taste and adjust salt if necessary. Add the remaining meatballs and fry until browned on all sides and cooked through, about 8-10 minutes. Remove the meatballs from the skillet and set aside on a cooling rack or clean plate.

Prepare the spiced yogurt sauce: In a small bowl, combine all the ingredients for the spiced yogurt sauce and mix until smooth and well combined. Season to taste and set aside.

Prepare the couscous: In a medium saucepan, bring the chicken broth or water to a boil. Stir in the couscous, apricots, and olive oil, remove from heat and cover for 5 minutes, then fluff with a fork. Stir in the chopped parsley, chopped mint, toasted pine nuts, salt, and pepper.

Plate and serve: Arrange the couscous on a large serving platter or individual plates. Top with the lamb meatballs and drizzle with spiced yogurt sauce. Garnish with pomegranate seeds, fresh mint leaves, pea shoots, and lemon wedges for an extra pop of color and flavor.