



Turkish Lamb Meatballs in Yogurt Sauce

I love Turkish food and this is a must try. There are a few steps, but it is really quite simple.

For the Meatballs:

- 500gm of lamb mince
- 1 egg lightly beaten
- 170g of breadcrumbs
- 1 brown onion, finely minced in a processor and any liquid drained
- 1 tsp of dried oregano
- 1 tsp of toasted cumin seeds, pounded in a mortar and pestle*
- 1 tsp of sea salt
- Freshly ground pepper
- 2 tbs of chopped fresh parsley
- 10 fl oz of chicken stock

For the Yoghurt Sauce:

- 700g of Greek yoghurt
- 1 large egg, lightly beaten
- 2 cloves of finely minced garlic
- 2 tbs of chopped fresh dill
- 1 tbs of chopped fresh mint

For the Red Pepper Butter:

- 1 tbs of unsalted butter
- 1/2 tsp of toasted cumin seeds* can use ground cumin
- 1/2 tsp of paprika
- 1/2 tsp of chilli flakes

1. Toast the cumin seeds in a dry fry pan until they are aromatic and just start to change colour. Set aside to cool and once cooled, grind to a fine powder in a mortar and pestle or spice grinder.
2. Place the lamb mince, egg, breadcrumbs, 1 tsp of cumin, oregano, sea salt, pepper, parsley and onion in a large bowl and mix with slightly damp hands until well combined. Dampening your hands again, roll the mince mixture into small, bite sized balls.
3. Heat a large frypan and add a little olive oil (you won't need a lot as lamb mince is quite fatty) and when the oil is nice and hot, fry the meatballs on either side until golden. It is quite a soft mixture so be gentle when turning. Once cooked, transfer the meatballs to a plate and drain off any excess fat.
4. Return the pan to the heat and add the chicken stock. Use a wooden spoon to scrape the

bottom of the pan and once simmering add the meatballs back to the pan. Cover with a lid and cook for approximately 10 minutes before removing them again with a slotted spoon before you add the yoghurt mixture.

5. While the meatballs are cooking, combine the yoghurt, egg, garlic, dill and mint with a whisk until nice and smooth. Ladle out about 1/2 a cup of the hot broth and slowly whisk it into the yoghurt mixture, this will prevent it from curdling when the yoghurt is poured into the pan.
6. Pour the yoghurt mixture into the pan, stir to combine and allow the mixture to come to a simmer until it thickens slightly. Return the meatballs to the pan and spoon the sauce over, cover with a lid for 5 minutes.
7. Melt the butter in a small saucepan and once bubbling, add the cumin, paprika and chilli. Swirl the butter around to combine and season with a little salt and pepper.
8. To serve, divide your choice of rice between 4 serving bowls. Top with meatballs and yoghurt sauce and then drizzle over the hot butter mixture. Sprinkle over the toasted pine nuts and chopped fresh dill and serve with your choice of brown rice & quinoa blend (optional, you can use any rice you like, but this was the perfect combo and you can buy the 2 minute microwave version in supermarkets) or try cous cous, steamed greens or green salad.

I always think that any dish that has a delicious sauce or gravy needs a piece of bread to mop it up! Well so do the Turks, and here is the simplest, easiest recipe for Turkish Flatbread.

There are only two main ingredients - self-raising flour and Greek yogurt. This has to be the easiest bread you will ever make - no rising, proofing or resting.

Ingredients:

- 3 1/3 cups self-raising flour
- 1 1/2 cups Greek yogurt
- 1 teaspoon sea salt
- 2 tablespoons water (if required)

1. In a large bowl mix the self-raising flour and salt.
2. Add the yogurt and mix until the dough starts to form. If the dough is dry, add 1 tablespoon of water. Continue to knead and bring the dough together. If it is still barely holding, add the second tablespoon of water.
3. Place the dough on a large, lightly floured surface. Knead the dough for a few minutes until it feels smooth and elastic, then roll into a long log. Divide into 10 equal pieces. Roll each piece out until it is about 1/3 inch thick and has a 6 inch diameter. Flouring the rolling pin will help.
4. Place a griddle pan on high heat and let it get very hot. Cook the bread on each side for 2 minutes, it should puff up and have a light char from the griddle.
5. At this point you can brush one side with garlic or herb butter and quickly turn back over for a few seconds to seal in the flavour.
6. Remove to a platter and wipe the hot pan with a paper towel to remove any excess flour.
7. Repeat for the remaining pieces.

Serve immediately or cool and wrap in a bag or plastic wrap. Will keep for about a day.

