



Mediterranean Lamb Meatball Stew

With Sweet Potatoes and Prunes

Camine Pappas / Serves 4 / November 2019

INGREDIENTS:

MEATBALLS –

1 lb ground lamb
1 heaping t grated fresh ginger
1 heaping t grated fresh garlic (not bottled!)
1 heaping t grated lemon zest
1 t fresh rosemary
2 t chopped fresh mint
Handful chopped Italian parsley
1 t salt, ¼ t pepper

STEW –

1 very large sweet potato (almost 2 C) diced
3 ribs celery sliced
1 large red Thai chili chopped (seeds opt)
2 cloves of garlic chopped finely
2 T oil
12 prunes
½ C jasmine rice
½ t paprika powder
½ t ground coriander
1 chicken bouillon cube
5 C warm water
Large sprig of fresh rosemary
2 T flour and 4 T water mixed as a roux
Italian parsley to garnish.
Taste and the end and season with more salt and some pepper if needed.



METHOD:

Form lamb mixture into 24+/- very small meatballs, using a little oil on your hands if needed to pack them into neat balls. Set aside. In a large Dutch oven pan heat the oil to high. Place meatballs in hot oil and cook just to sear on each side. About 3-4 minutes on side 1 and 1 minute on side 2. Remove and cover with foil. Remove any excess oil beyond 2 T being careful to leave the meat fond in the pan. Add the sweet potatoes, celery, garlic, and chili*. Stir and sauté until celery is a bit transparent. Add the water, the paprika, coriander, and sprig of rosemary. Bring to boil. Add the bouillon cube and let dissolve. Bring to boil again and add the rice. Cover and let simmer for 20 minutes until rice is done and potatoes are soft. Add the meatballs back in and the prunes and bring back to a simmer to get meat done and soften prunes. Remove from heat, stir in roux a little at a time until slightly thickened. TASTE AND ADD SALT AND PEPPER AS NEEDED! Serve with a garnish of parsley. (***Note:** Can add ¼ C of sweet white onion in with vegetables if desired.)

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