



Lamb Meatballs Middle-Eastern Style with Tahini Dipping Sauce

Yield: about 20

- 1 lb ground lamb
- 1/2 cup breadcrumbs
- 1/2 cup chopped parsley
- 1/3 cup onion, minced
- 2 garlic cloves, minced
- 1 tsp lemon zest, grated
- 1 egg
- 1 tsp ground coriander seed
- 1 tsp kosher salt
- 1/2 tsp cinnamon
- 1/2 tsp ground allspice
- 1/2 tsp cayenne

TAHINI YOGHURT DIP

- 1 cup plain yoghurt
- 1/4 cup tahini (paste made from Sesame seeds)
- 2 tsp lemon juice
- 1 tsp olive oil
- Salt to taste

Mix dip ingredients together in a small dish and serve with meatballs.

Combine meatball ingredients and form into 1.5 inch diameter balls. Then flatten slightly into mini patties (about 3/4 in thick) and make small indentation in the center. Arrange on platter + chill.

Preheat the teppan on #5. When reached – orange light off – set temperature to #8. When reached – orange light off – place meatballs onto the cooking center. Space out evenly and give them room so they can brown nicely. Use thin spatulas or tongs for turning.

Fry for 6 to 7 minutes on each side – no cooking oil necessary. Food will loosen all by itself for turning. After 5 minutes center should be slightly pink, 7 minutes should produce well-done meatballs. To keep warm, push them in the outer warming area and set temperature to #3.

TIP: Try Humus Dip

Drain 1 can garbanzo beans, reserve 1/4 cup liquid. Blend beans with 2 garlic cloves, 1/4 cup lemon juice, 1/4 cup olive oil and bean liquid. Drizzle with virgin olive oil to taste. You can also serve Tzatziki (yoghurt, cucumber, garlic) or easy Dill-Yoghurt dip made with 2 tbs chopped fresh dill and 1 tsp lemon zest.

