

Lamb Meatballs Middle-Eastern Style with Tahini Yoghurt Dip



- ❑ 1 lb ground lamb
- ❑ ½ cup breadcrumbs
- ❑ ½ 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
- ❑ ½ tsp cinnamon
- ❑ ½ tsp ground allspice
- ❑ ½ tsp cayenne

TAHINI YOGHURT DIP

- ❑ 1 cup plain yoghurt
- ❑ ¼ 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 ¾ 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 and rinse 1 can garbanzo beans, reserve ¼ cup liquid. Blend beans with 2 garlic cloves, ¼ cup lemon juice, ¼ cup olive oil and reserved bean liquid. Drizzle with virgin olive oil to taste.

You can also serve Tzatziki (yoghurt, cucumber, mint, garlic) or easy Dill-Yoghurt dip made with 2 tbsp chopped fresh dill and 1 tsp lemon zest.

