



AUSTRALIAN
GOURMET
TRAVELLER
INSTITUTE
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2017



FEASTING FAVOURITES *with*

JORDAN THEODOROS

PEEL ST

Armenian lamb soldiers

Prep time: 40 mins,

Cook: 1 hr 20 mins

Serves 4-6

- ½ small Spanish onion, thinly sliced
- 50 ml red wine vinegar
- 200 gm Greek-style yoghurt
- 2 garlic cloves, crushed
- 20 gm butter
- 50 gm flaked almonds
- 1 whole Turkish bread (about 400gm), cut into 4cm wide soldiers
- 2 tbsp olive oil, plus extra to serve
- ¼ cup mint leaves
- ½ pomegranate seeds
- 1 tsp each sumac, pomegranate molasses and olive oil
- Coarsely chopped parsley, to serve

Spiced lamb

- 1 tsp black peppercorns
- 1 tsp whole allspice
- 2 tsp coriander seeds
- 2 tsp cumin seeds
- 2 tsp Kashmiri chilli powder (see note)
- ¼ cup (60ml) olive oil
- 350 gm coarsely minced lamb shoulder
- 50 gm butter, diced
- 1 Pinch of salt
- 1 onion, finely chopped
- 1 red capsicum, cored, finely chopped
- 60 gm tomato paste
- 400 gm ripe Roma tomatoes (about 4), peeled, coarsely diced

Tomato salsa

- 2 (200gm) Roma tomatoes, diced
- 1½ tsp pomegranate molasses
- 3 tsp olive oil

1 For the spiced lamb, dry-roast peppercorns, allspice, and coriander and cumin seeds in a frying pan over medium heat until fragrant (1-2 minutes). Set aside to cool, then grind in a spice grinder or with a mortar and pestle until medium-fine. Stir in Kashmiri chilli. Heat half the olive oil in a large heavy-based saucepan over high heat, add lamb and fry until starts to brown and stick slightly (5-6 minutes). Add a good pinch of salt and half the butter, and continue to cook until browned (2-3 minutes). Remove lamb and set aside.

2 Adjust heat to medium, add remaining oil, butter, onion and capsicum, and stir until tender (6-8 minutes). Return lamb to pan, add tomato paste and tomato, and simmer until tomato starts to break down (2-3 minutes). Season with three-quarters of the spice mix and simmer over very low heat for 40-50 minutes, stirring occasionally, until liquid has reduced. Season, and add more spice mix to taste.

3 Meanwhile, combine onion, vinegar and salt to taste in a small bowl, and set aside for 20 minutes to pickle.

4 Combine yoghurt, garlic and a pinch of salt in a small bowl.

5 Heat butter in a large frying pan over medium-high heat. Add almonds and stir until golden brown (2-3 minutes).

6 For tomato salsa, combine tomatoes, pomegranate molasses and olive oil in a small bowl, season to taste.

7 Heat a char-grill pan over high heat, brush bread with olive oil and grill, turning once, until lightly charred (7-9 minutes).

8 Arrange on a board or platter, top with spiced lamb, then about half the garlic yoghurt. Add tomato salsa, scatter with drained red onion, flaked almonds, mint leaves, pomegranate seeds, and sumac. Drizzle with pomegranate molasses and olive oil and scatter with parsley. Serve with remaining garlic yoghurt.

Note Kashmiri chilli is available from Indian food shops and Herbies Spices (herbies.com.au). If it's unavailable, use 1 tsp regular chilli powder.

MY NOTES