

# Lamb Köfte with Yogurt Sauce & Muhammara

Adapted from *Bon Appetit*

Serves 6:

## Ingredients

Yogurt Sauce:

1 cup plain lowfat or nonfat Greek yogurt  
2 tablespoons tahini  
1 tablespoon lemon juice  
kosher salt

Köfte:

2 pounds ground lamb  
1/2 cup minced fresh mint  
1/4 cup grated onion  
4 garlic cloves, minced  
3 tablespoons paprika  
1 tablespoon ground cumin  
1/2 teaspoon cayenne pepper  
1 1/2 teaspoons kosher salt  
1 teaspoon freshly ground black pepper  
6 flatbreads or naan

olive oil

2 large onions, sliced

Muhammara:

1 cup finely chopped drained roasted peppers  
1/2 cup water  
2 tablespoons, or more, pomegranate molasses  
2 tablespoons chopped fresh parsley

## Preparation

In a medium bowl, stir together yogurt, tahini and lemon juice.  
Season with kosher salt to taste and refrigerate until ready to serve.

Line a baking sheet with parchment paper.

In a large bowl, mix lamb, mint, onion, garlic, paprika, cumin, cayenne, salt and ground black pepper.

Portion the meat mixture using a medium ice cream scoop or large spoon.  
With moistened hands, roll into 1 1/2 inch meatballs and place on the baking sheet.

Preheat the oven to 300 degrees.

Place two cast iron or heavy skillets over medium-high heat.  
Add a flatbread to each of the pans and cook until browned on each side, about 2 minutes.  
Place flatbreads, as they finish, onto a large sheet of foil.  
When all have been heated through, seal the foil and place them in the oven to keep warm.

Heat 1 tablespoon of olive oil in each skillet.  
Add sliced onions and season with kosher salt and freshly ground black pepper.  
Stirring frequently, sauté the onions until tender and caramelized, about 8 to 10 minutes.  
Use slotted spoon to transfer cooked onions to one half of baking sheet and place in oven to keep warm.

Heat another tablespoon of olive oil in each skillet and add meatballs; be careful not to crowd pans.  
Sauté köfte until cooked through on all sides, about 7 to 8 minutes.  
As the batches of meatballs finish cooking, transfer them to the baking sheet in oven.

In one of the skillets over medium-high heat, add roasted peppers and cook, stirring, for 2 minutes.  
Add water and pomegranate molasses and bring to a simmer, scraping up browned bits in pan.  
Cook until the sauce is reduced by half, stirring occasionally.  
Taste and season with salt and ground black pepper, adding more pomegranate molasses, if needed.  
Stir in chopped fresh parsley and pour into a small bowl.

On a large platter, mound the caramelized onion slices in the center and plate the köfte around them.  
Wrap the warm flatbreads in a dish towel and place in a basket.

Serve immediately with the Yogurt Sauce and Muhammara.  
Place a flatbread on each plate, and allow everyone to plate their own köfte.  
Layer with red pepper sauce and dollop yogurt on top.