

Sesame Wild Mint Honey Glazed Lamb Meatball Skewers

Capture the essence of the herbs and spices as they complement the lamb

SERVES: 4-6

YIELD: 18 meatballs, 1 oz.

PREP TIME: 20 minutes

COOKING TIME: 5 minutes

TOTAL TIME: 30 minutes + 15 minutes rest time

INGREDIENTS

- ½ cup GC Napa Valley Natural Foraged Wild Mint Infused Honey + 2 Tbsp.
- ¼ cup 2014 Pietro Family Cellars Sauvignon Blanc, Napa Valley
- 1 Tbsp. GC Napa Valley Natural Savory Proprietary Blend Extra Virgin Olive Oil
- 1/3 cup finely chopped large shallot or small sweet onion
- 3 cloves garlic, finely chopped
- 1 large organic egg
- 2 Tbsp. milk
- 1/8 tsp. GC Napa Valley Natural English Bay Leaf Powder
- 2 tsp. GC Napa Valley Natural Tuscan Rosemary Powder
- 1½ tsp. GC Napa Valley Natural Wild Fennel Finishing Salt

- 1 tsp. GC Napa Valley Natural Culinary Lavender Tellicherry Pepper
- 3 Tbsp. fresh thyme, finely chopped
- 1 lb. ground lamb
- 1/3 cup panko bread crumbs
- 18 cherry or grape tomatoes
- 1½ Tbsp. white sesame seeds, toasted
- 1 Tbsp. black sesame seeds
- 6 wooden (pre-soak 30 minutes) or metal skewers



TO PREPARE

- Wild Mint Honey Glaze: Heat in a small sauce pan ½ cup Foraged Wild Mint Honey and Sauvignon Blanc until hot, but not boiling. Reduce heat and simmer 5 minutes. Remove from heat.
- Heat small sauté pan on medium heat with Savory Extra Virgin Olive Oil. Sauté shallot for 3 minutes, add garlic, sauté 2 minutes then remove from heat.
- In medium mixing bowl, add egg, milk, 2 Tbsp. Wild Mint Honey, Bay Leaf Powder, Rosemary Powder, Fennel Finishing Sea Salt, Lavender Tellicherry Pepper, thyme, shallot-garlic mixture and combine. Add ground lamb and panko breadcrumbs. Gently mix until incorporated. Let rest 15 minutes.
- Use a 2 Tbsp. cookie scoop to form meatballs, about 1½" in diameter, 1 oz. each. Place on cookie sheet lined with parchment paper.
- Skewer a tomato followed by a meatball and repeat two times.
- Preheat grill to medium heat. Grill skewers 4-5 minutes, turning at 2 minutes and being careful not to overcook

TO SERVE

Place lamb skewers on a wood stave platter. With a basting brush, lightly coat lamb with Wild Mint Honey Glaze. Sprinkle with black and white sesame seeds. Serve extra Wild Mint Honey Glaze on the side.

WINE PAIRING

2015 Pietro Family Cellars Tusca Red Wine, Napa Valley (Super Tuscan)

SHOPPING LIST

- | | |
|--|---|
| 1 bottle 2014 Pietro Family Cellars Sauvignon Blanc, Napa Valley | 1 jar white sesame seeds, toasted |
| 1 large shallot or small sweet onion | 1 jar black sesame seeds |
| 1 garlic bulb | 6 wooden or metal skewers |
| 1 dozen whole organic eggs | FROM YOUR PANTRY |
| 1 bunch fresh thyme | Milk |
| 1 lb. ground lamb | FROM PREVIOUS SHIPMENTS |
| 1 box panko bread crumbs | GC Napa Valley Natural Wild Fennel Finishing Salt |
| 18 cherry or grape tomatoes | |



MORE RECIPES & WINE COUNTRY FOODIE CLUB INFORMATION

As a Wine Country Foodie member, you enjoy our Napa Valley Estate Garden and Vineyard to your doorstep. Experience artisanal gourmet GC Napa Valley products and recipes with wine pairings.

www.oconnellfamilywines.com