

Lamb and Ricotta Meatballs with Pomegranate and Mint

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2004 Voss Syrah

2 lbs. lamb shoulder or shank meat, trimmed of fat and sinew, cut into large chunks
½ cup white onion, finely chopped, sautéed till tender in vegetable oil and cooled
1 tsp. ground cumin
1 tsp. ground coriander
20 grinds fresh black pepper
18 grams (5/8 ounce) kosher salt
¼ cup heavy cream
½ cup panko breadcrumbs
4 oz. vegetable oil
8 oz. chicken broth
8 oz. pomegranate extract
35 each fresh mint leaves
1 cup fresh pomegranate seeds

Combine the lamb, cooked onion, cumin, coriander, pepper, and salt in a large bowl, mix to combine, and refrigerate over night. The next day, grind the mixture through the medium die of a meat grinder according to the manufacturer's instructions into a clean bowl and return it to the refrigerator for ten minutes. Stir the cream and breadcrumbs into the mixture till both disappear. Cook a small amount of the mixture (in the microwave, if you wish) to check the seasoning. Add salt if necessary.

Form the mixture into spheres no more than one inch into diameter. Meanwhile, heat a large sauté pan or dutch oven—it's important that your pan have a lid that fits—over a medium-high flame and add the oil. Sear the meatball on several sides, turn the flame to medium-low, and carefully pour in the chicken broth. Cover the pan with the lid or aluminum foil and cook for twelve to fifteen minutes—the meatballs should be tender, moist, and fully cooked. With a slotted spoon, lift them onto a warm serving platter and drizzle with the pomegranate extract. Chop the mint coarsely, and sprinkle it over the meatballs along with the pomegranate seeds. Eat up!