



Persian Lamb Meatballs with Aubergine and Yoghurt Dip



I love it when life throws up a little culinary surprise and these meatballs are a perfect example of such treasures.

Ingredients

- ♦ 500 grams minced lamb
- ♦ 1 onion finely chopped
- ♦ 2 tsp cumin
- ♦ 1 tsp dried coriander
- ♦ 1 tsp ground black pepper
- ♦ ½ tsp salt
- ♦ 2 tbsp raisins
- ♦ 2 tbsp oil

Aubergine and Yoghurt dip

- ♦ 1 large aubergine
- ♦ 2 cloves garlic
- ♦ 200 mls Greek-style yoghurt
- ♦ 1 tbsp olive oil
- ♦ 1 tsp salt
- ♦ ½ tsp ground black pepper
- ♦ ½ cup finely chopped fresh coriander (or parsley if coriander not available)
- ♦ 1 tbsp lemon juice

Serves 6

To Cook

Combine all ingredients except the oil and form into balls. I make them about golf ball size and they seem to work pretty well at that.

Heat the oil in a large pan and fry the meatballs until browned but still moist inside. Put them to the side and keep them warm.

Prick the skin of the aubergine and bake in the oven for about 1 hour until very soft. When it is cool, remove the skin and place the pulp in a sieve and squeeze out the liquid.

Place the mashed aubergine pulp into a bowl and add all other the ingredients and combine well.

Refrigerate until ready to serve.

Traditionally the lamb meat balls and a dollop of the dip are placed on flat bread and rolled to enjoy as a wrap. The flat bread can be dry heated in a frying pan. Alternatively, pitta bread which has been heated works well. Finely sliced red onion can be added if desired.