

Lamb & Dried Cranberry Meatballs with Rosemary Gastrique



ROSEMARY GASTRIQUE

Ingredients:

1 cup sherry wine vinegar
1/3 cup sugar
1/4 teaspoon kosher salt
2 -3 sprigs fresh rosemary
1 bay leaf
1/2 teaspoon black peppercorns

Directions:

In a small saucepan, combine the vinegar, sugar, and salt and bring to a boil over medium high heat, stirring occasionally as the mixture heats.

Let the mixture boil for 10-12 minutes or until reduced by half. Reduce the heat to low so the vinegar simmers. Stir in the thyme, sage, bay leaf, rosemary, and peppercorns and let the gastrique simmer for 3-4 minutes.

Remove from the heat and set aside to cool for 10 minutes.

Strain the gastrique into a glass bowl and let it cool to room temperature. At this point, the gastrique should be the consistency of light syrup, and thick enough to coat the back of a spoon. Use right away or cover and store at room temperature for up to 10 days. Enjoy!

LAMB & CRANBERRY MEATBALL

Ingredients:

1-2/3 lb ground lamb
2 medium onions, peeled and finely chopped
2/3 oz parsley, finely chopped
3 garlic cloves, peeled and crushed
3/4 tsp ground allspice
3/4 tsp ground cinnamon
6 tbs of roughly chopped cranberries or sour cherries
1 large egg
Salt and freshly ground black pepper
6 1/2 tbsp sunflower oil
1 1/2 lb large shallots, peeled
3/4 cup plus 2 tbsp white wine
2 cups chicken stock
2 bay leaves
2 sprigs fresh thyme
2 tsp sugar

Directions:

Using a large bowl, combine the lamb, onions, parsley, garlic, allspice, cinnamon, cranberries, egg, half a teaspoon of black pepper and a teaspoon of salt. Mix these ingredients together with your hands and roll into balls about the size of a golf ball.

Heat one-third of the oil in a large (heavy-based) pot with a tight-fitting lid. Over medium heat, cook the meatballs a few at a time, turning them around for a few minutes on medium heat, until they color all over. Remove from the pot and set aside. Repeat this step with the remaining meatballs. Place all seared meatballs on a plate and set aside.

Wipe the pot clean and add the remaining oil.

Add the whole peeled shallots and cook them over a medium heat for 10 minutes, be sure to stir frequently, until golden-brown all over.

Pour in wine, leave it to bubble for a minute or two, then add the stock, bay leaves, thyme, sugar and some salt and pepper.

Arrange the browned meatballs around and throughout the shallots; the meatballs need to be close to submerged in liquid. Bring to a boil, cover the pot with a lid, reduce the heat to very low and simmer for 30 minutes.

Remove lid and simmer for another hour, until the sauce has reduced and intensified in flavor. Taste and season as needed.

Transfer to a large, serving dish that has some depth and drizzle with the Rosemary Gastrique before serving.