

Episode 1516 – Seamus Mullen

Scofflaw

Serves 1

1 ½ ounce rye
1 ounce dry vermouth
¾ ounce grenadine
¾ ounce lemon juice
Dash of Reagans orange bitters
Lemon flags for garnish

1. Add ice into a couple glass to pre-chill.
2. Add the rye, vermouth, grenadine, lemon juice and orange bitters to a cocktail shaker.
3. Fill shaker with ice and shake until your hand is cold from the shaker. Pour out ice from glass, strain cocktail into a coupe glass, and squeeze a lemon twist over the top, but do not rim or garnish.

Lamb Meatball Stew with Quinoa, Baby Carrots, Sugar Snap Peas, and Herbs

Serves 4

Eat Well With Ming: Use soaked almonds instead of breadcrumbs to keep meatballs gluten free!

Allergy Free Note: peanut free, gluten free, shellfish free, fish free

2 tablespoons extra-virgin olive oil, plus more for serving
2 carrots, diced
4 cipollini onions, peeled
1 cup king oyster mushrooms, cut into 1-inch pieces
1 fennel bulb, cut into 1-inch wedges
2 garlic cloves, sliced
1 cup dry white wine
6 cups unsalted chicken stock
2 bay leaves
2 thyme sprigs
1 rosemary sprig
Coarse sea salt and freshly ground black pepper
1 cup red quinoa, rinsed under cold running water and drained
Spiced Almond Lamb Meatballs (recipe below)
1 jalapeno, thinly sliced
2 cups sugar snap peas, halved

1 cup 1-inch pieces radicchio

Fresh dill, cilantro, basil, fennel fronds, and mint leaves, chopped

Directions

1. In a large Dutch oven or saucepot, heat the olive oil over medium-high heat. Add the carrots, onions, mushrooms, and fennel and cook, stirring often, for 3 minutes. Add the garlic and cook, stirring, for 1 minute. Add the wine and cook until the alcohol burns off.
2. Add the stock, bay leaves, thyme, and rosemary and bring to a boil. Reduce the heat to maintain a steady simmer. Season with salt and pepper. Add the quinoa and simmer until it's just tender, about 15 minutes.
3. Carefully add the meatballs and radicchio. Simmer, uncovered until the vegetables are just barely tender but still vibrant, about 6-7 minutes. Remove and discard the bay leaves.
4. Add the snow peas, jalapenos, cilantro, basil and mint. Stir gently to combine. Turn the heat off on the stove. Divide the soup among six to eight serving bowls and finish each bowl with a healthy drizzle of oil. Serve immediately.

Spiced Almond Lamb Meatballs

2 cups whole milk

1 cup raw almonds

2 ½ pounds ground lamb (77% lean)

½ cup chopped fresh herbs, preferably a mix of mint, oregano, rosemary, parsley and thyme

2 garlic cloves, minced

1 tablespoon dry red wine

1 teaspoon cayenne pepper

1 teaspoon ground coriander

1 teaspoon ground cumin

1 teaspoon ground fennel seed

2 large eggs, lightly beaten

2 tablespoons kosher salt

½ teaspoon freshly ground black pepper

Extra-virgin olive oil

1. Combine the milk and almonds in a small bowl and let soak for 30 minutes. Drain the almonds and pulse in a food processor or blender until finely ground. Transfer to a bowl and add the lamb, herbs, garlic, wine, cayenne, coriander, cumin, fennel, eggs, salt, and black pepper. Mix with your hands until everything is thoroughly and evenly incorporated. Dampen your hands and shape the mixture into 1-inch round meatballs.
2. Heat a large cast-iron skillet over medium-high heat. Generously coat the bottom of the skillet with olive oil. When the oil is hot, add as many meatballs as you can without crowding the skillet, spacing them at least 1 inch apart.

3. Cook, turning often to evenly brown, until well seared, 3 to 5 minutes. Transfer to paper towels to drain. Serve hot.

Lamb and Leek Pilaf with Lemon Cucumber Tzatziki Sauce

Serves 4

Eat Well With Ming: Use full fat Greek yogurt for added protein in the tzatziki

Allergy Free Note: gluten free, peanut free, tree nut free, shellfish free, fish free

1 tablespoon extra virgin olive oil
3 leeks, diced and cleaned
2 tablespoons ginger, minced
5 cloves garlic, minced
1 green jalapeno
1 Serrano pepper
1 ½ pounds ground lamb
1 heaping tablespoon garam marsala
1 teaspoon cumin
2 cups jasmine rice, rinsed and drained well
3 cups chicken stock
Zest and juice of ½ lemon
½ English cucumber, small diced
2 cups full fat Greek yogurt
3 garlic cloves, grated
1 tablespoon ginger, minced
Mint leaves for garnish
Kosher salt and freshly ground black pepper to taste

1. Preheat oven to 350F.
2. Heat a large oven-proof sauté pan with 1 tablespoon extra virgin olive oil on high heat. Once hot, add drained leeks. Sauté 1-2 minutes.
3. Add garlic and ginger to the leeks and sauté to combine and until slightly fragrant. Add the jalapeno and Serrano peppers, season with kosher salt and fresh ground black pepper and sauté 1-2 minutes. Add the lamb, garam marsala, cumin and salt and pepper to taste. Using a flat cooking utensil, gently break the lamb into smaller pieces and incorporate the spices. Once lamb is almost cooked, add in rice and stir to combine well to gently toast the rice. Add the chicken stock, season well with salt and pepper. Place lid on the sauté pan and place in the oven for 45 minutes.
4. In a small bowl, combine the lemon zest and juice, Greek yogurt, grated garlic and ginger, mint leaves and cucumber. Season with salt and pepper to taste and set aside.
5. Once lamb pilaf has finished cooking in the oven, top with the tzatziki and serve.

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