

Cut & fold along dotted lines to fit this in your 3x5-inch recipe card box :

One of our favorite recipes:



Hummus with Ground Lamb & Pine Nuts

From "Moro: The Cookbook," Sam and Sam Clark, Ebury Press, London, 2001

Hummus:

200 g (a scant cup) chickpeas, soaked overnight
3 TBSP olive oil
Juice of one lemon
2-3 garlic cloves
3-4 TBSP tahini

Directions:

1. Rinse chickpeas and cook at a gentle simmer in 2L of water for 1.5-2 hrs (until skins are loose)
2. Drain saving about 1 C. of the cooking liquid
3. Add chick peas and all other hummus ingredients to a blender or food processor.
4. Process until smooth, adding chickpea cooking liquid as needed.

(Alternatively, if you're in a hurry you can use hummus from your local Mideast deli or Trader Joe's)

Lamb Topping:

3 TBSP olive oil
½ large sweet onion, diced
1/3 tsp ground cinnamon
170 g (about 6 oz) ground lamb
(or half ground lamb/pork and
half ground turkey)
2 TBSP pine nuts (lightly toasted)
a sprinkling of paprika
½ C parsley

3-4 pieces of Flatbread (pita or naan)

Directions:

1. Heat the olive oil in a skillet and fry the onions until golden and sweet.
2. Add the cinnamon and the lamb, raising the heat to high and cooking the lamb, breaking it up as it sizzles.
3. Add the pine nuts and season to taste.

Assemble the lamejuns

1. Warm the flatbread in an oven or toaster
2. Spread the hummus on the flatbread
3. Sprinkle the meat mixture on the hummus
4. Sprinkle with parsley generously and paprika lightly

ePublishingPartners, Inc.

www.epublishingpartners.com

