

Roasted Lamb Koftas with Vegetables

Traditionally, koftas are grilled on a fire and while vegetables can be grilled too with delicious results, but it is quite challenging to get everything to finish cooking at the same time, to say nothing of dropping your lamb into the coals or burning your vegetables while you wait for the lamb to finish.

I got so frustrated with these problems that I created this recipe and dedicate it to all those who love lamb but have trouble with timing.

Serves 4.

Ingredients for the Koftas:

- 1 lb ground lamb
- 4 cloves garlic, minced
- ½ tsp salt
- 3 Tbs grated onion
- 3 Tbs fresh parsley, chopped
- 1 Tbs ground coriander
- 1 tsp ground cumin
- ½ Tbs ground cinnamon
- ½ tsp ground allspice
- ¼ tsp cayenne pepper
- ¼ tsp ground ginger
- ¼ tsp ground black pepper

Other Ingredients:

- Olive Oil
- 1½ lb mixed vegetables (onions, eggplant, peppers, carrots, squash)
- 1½ cup rice
- 3½ cups chicken broth

Technique

- 1) Mash the garlic into a paste with the salt using a mortar and pestle or the flat side of a chef's knife on your cutting board. Then, in a small bowl, using a fork, mix the lamb along with the garlic, onion, parsley, and spices until well blended. Form the mixture into 16 balls and place on a small, oiled roasting pan.
- 2) Pre-heat your oven's broiler, setting the top-most rack about 6" below the broiler element.
- 3) Chop the mixed vegetables into large (about 1¼") chunks. Toss them with olive oil and spread on another small oiled roasting pan.
- 4) Put the rice in a pot, add just enough olive oil to coat the grains and heat on high for 30-60 seconds stirring often. Don't let the rice brown. Quickly add the chicken broth. Bring to a boil and then cover and simmer on low until all liquid absorbed (about 20 minutes)

- 5) Broil the vegetables on the top rack for 10 minutes, then turn them over with a spatula and give them another 10 minutes. About 7 minutes before the vegetables are done, put the lamb under the broiler (top rack again). If this all works for you as it does in my kitchen, the lamb, rice, and vegetables will all be done at the same time. Serve immediately.