Moroccan Lamb Kebabs with Harissa Yogurt Sauce

Phillis Carey, 2012 (also from Food Network)



LAMB:

3/4 cup olive oil

2/3 cup fresh lemon juice

6 cloves garlic, minced, minced

2 tablespoons mint, chopped

4 teaspoons salt

4 teaspoons grated lemon zest

2 teaspoons freshly ground black pepper, thawed

2 teaspoons ground coriander

1 teaspoon ground cumin

4 pounds boneless leg of lamb, cut in 2" cubes

SKEWERS:

16 metal skewers (12" long)

32 dried apricots, whole, not halves

4 large red onions, each cut in 8 wedges, with some of root end attached

HARISSA YOGURT SAUCE:

1/4 cup roasted red peppers, jarred, drained

1 clove garlic, minced

1 tablespoon olive oil

1 teaspoon hot chile paste

1/4 teaspoon ground cumin

1/4 teaspoon ground coriander

1/2 teaspoon salt

1 cup Greek yogurt, full-fat, plain

Carolyn T's Blog - Tasting Spoons:
http://tastingspoons.com

Servings: 8

1. Combine in a large heavy-duty plastic bag: olive oil, lemon juice, garlic, mint, salt, emon zest, pepper, coriander and cumin. Squish it a little then REMOVE 1/2 CUP to use as a basting sauce.
2. Add lamb to plastic bag and toss. Marinate at least 2 hours, preferably overnight, refrigerated.
3. Yogurt Sauce: place red bell peppers, garlic, hot chili paste, olive oil, cumin, coriander and salt in food processor and puree. Stir this mixture into the yogurt. Cover and chill for at least an hour before serving. Will keep for 2-3 days.
4. Preheat grill. Remove lamb from marinade and drain on paper towels. Thread lamb cubes onto 8 skewers, dividing them equally. On the other skewers thread the apricots and onion chunks alternately. Brush all the skewers with some of the reserved marinade. Sprinkle the onion-apricot skewers with salt and pepper.
5. Grill onion-apricot skewers until onions begin to soften and begin to brown, turning and basting with marinade. Move skewers to cooler part of barbecue if necessary to keep apricots from burning, about 10 minutes. Grill lamb skewers to desired doneness, turning occasionally, about 8 minutes total for medium-rare. Serve meat with Yogurt Sauce.

Per Serving (excluding unknown items): 1781 Calories; 27g Fat (12.9% calories from fat); 85g Protein; 330g Carbohydrate; 48g Dietary Fiber; 220mg Cholesterol; 362mg Sodium.
Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 21 1/2 Fruit; 1/2 Fat.