

Grilled Lamb on Skewers (for 6)

Source: Casual Cuisines of the World - Taverna

In Greece, this is called arni souvlakia. The marinade also works well on lamb chops + butterflied leg of lamb. Serve atop eggplant + tomato pilaf or pita bread.

INGREDIENTS:

2 small onions, grated
1 tsp freshly ground black pepper + ground black pepper to taste
1 tsp dried oregano OR 2 tsp fresh thyme
Pinch of ground cayenne pepper (optional)
2 lb tender lamb leg, trimmed of fat + cut across grain into 1.5" cubes
1 red (Spanish) onion, cut into 1' squares
2 ripe but firm tomatoes, cored/halved
2 green bell peppers, seeded/de-ribbed/cut into 1.5" squares
Yogurt-cucumber sauce (see recipe)

1 C olive oil
1 tsp ground black pepper to taste
1 tsp ground cinnamon
1 tsp ground cumin
Salt
Yogurt-cucumber sauce (see recipe)

DIRECTIONS:

In non-aluminum bowl, combine onions, 3/4 C olive oil, 1 tsp black pepper, oregano or thyme, cinnamon, cumin + cayenne. Stir to mix well - add lamb cubes, turning to coat evenly. Cover/let marinate overnight in refrigerator. Prepare a fire in a charcoal grill or preheat a broiler.

Remove lamb from marinade (reserving marinade) - thread onto metal skewers, alternating with onion pieces (do not pack lamb + onion pieces too tightly or they won't cook evenly). Brush lamb + onions with some of remaining 1/4 C olive oil - sprinkle with salt + pepper. Thread tomatoes + bell peppers on separate skewers, brushing with oil and sprinkling with salt + pepper as well.

Place lamb skewers on oiled grill rack or broiler pan - grill or broil, turning once + basting occasionally with reserved marinade, till meat is done to your liking (8-10 minutes total for medium-rare). About 5 minutes before lamb is ready, add tomato + pepper skewers to grill rack or broiler pan. Grill or broil, turning as needed, till tender when pierced with knife (about 5 minutes).

Transfer skewers to warmed serving dish or individual plates. Serve hot with the yogurt-cucumber sauce in a bowl on the side.

Nutrition Facts: Calories: 728 Fat: 53g Carbohydrates: 21g Cholesterol: 110mg Sodium: 220mg Protein: 41g Fiber: 3g %Cal. from Fat: 66% %Cal. from Carbs: 12%