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| **Lamb Kofta on a Cinnamon Stick Skewer - Lettuce Wrap** |
| Kofta consists of patties of ground meat, usually beef, chicken, lamb or veal mixed with spices and onions. Kofta is found in Middle Eastern and Central Asian cuisines. |
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| Ingredients: |
| 1 pound ground lamb - Ok to use ground beef, turkey, chicken or veal |
| 1/4 cup almond flour |
| 1 small onion - finely chopped |
| 1/4 cup finely chopped cilantro gently packed -okay to use parsley |
| 1/4 tsp allspice |
| 1/4 tsp cinnamon |
| 1/2 tsp cumin |
| 3/4 tsp garlic |
| 1/4 tsp ground nutmeg |
| 3/4 tsp smoked paprika |
| 1/4 tsp pepper |
| 1/4 tsp saffron - optional |
| 1/2 tsp turmeric |
| Spice It Up: Add 1/2 tsp cayenne pepper |
| 12 lettuce leaves  12 cinnamon sticks/skewers |
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| Combine All the Ingredients: |
| Mix all ingredients until well blended. |
| Press the end of the cinnamon stick/skewer into the center of each patties and shape the meat in a football shape around each skewer. |
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| Cooking Method: |
| Frying pan: Place the skewers into a skillet and fry for 3 to minutes on each side. |
| Grill: Place the skewers on a hot grill and cook each side until lightly charred, 3 to 5 minutes. |
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| Plate It: |
| Place kofta skewers on one side of a large plate with the lettuce leaves on the other side of the plate. |
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| Make Ahead: The patties can be made ahead and refrigerated up to two days. |
| Freezer Friendly: Freeze the uncooked patties on a baking sheets or plate, transfer them to sealable plastic bag. Defrost patties overnight in the refrigerator, then cook as directed. |
| **Baked Zucchini Fries:**  Ingredients:  ½ cup almond flour  ½ teaspoon salt  ½ teaspoon garlic powder  ½ teaspoon freshly ground pepper  1 medium zucchini, trimmed and halved lengthwise  Optional - add 1 teaspoon Italian spice  Optional - add ½ teaspoon cayenne pepper  1 slightly beaten egg   1. Preheat the oven to 425 degrees. 2. Line a sheet pan with aluminum foil. 3. In a small bowl mix almond flour, salt, garlic powder and pepper. Add optional spices as desired. 4. Rinse zucchini and slice off the bottom and top parts, about ½ inch off.   Slice the zucchini vertically in half. Then take each piece and slice in half lengthwise, so that you have 8 pieces of zucchini in total.   Each strip should be about ½ inch thick and 3 to 4 inches in length.  Arrange the zucchini strips –like fries.   1. Crack egg in a small bowl and lightly beat. 2. Create your assembly line: zucchini strips, egg wash, almond flour mixture, sheet pan. 3. Dip a strip of zucchini in the egg wash, then coat in the almond flour mixture, then evenly place on the sheet pan. 4. Bake for 25 to 30 minutes, flipping halfway through on the cut side. 5. Serve immediately.   Lemon Parsley Aioli  ½ cup mayonnaise  1 lemon, juiced  1 garlic clove, minced  1 tablespoon finely chopped parsley  Salt and pepper to taste  Combine all the ingredients to a small bowl and stir together.  **Israeli Salad**  Ingredients:  2 large tomatoes, finely diced  1 English cucumber diced or regular cucumber seeded and diced  1 cup red onion, finely diced (1/2 of a medium red onion)  1 red bell pepper, finely diced  1 yellow pepper, finely diced  1 cup fresh herbs: Italian parsley, mint or cilantro, or a mix all three to make 1 cup  Lemon juice – start with ½ lemon about 2 tablespoons, add more to taste  2 to 4 tablespoons of extra virgin olive oil  Salt and pepper to taste  Optional: You may add ½ cup finely chopped celery, ½ cup shredded cabbage, 1 green pepper finely diced, 1 or 2 diced or shredded carrots and/or cubed avocado.  In a large salad bowl, combine tomatoes, cucumbers, onion, peppers and herbs.  Add optional ingredients, if desired.  Wisk in a small bowl, olive oil, lemon juice, salt and pepper. Add the dressing to the large salad mixture.  Add salt, pepper or olive oil to suit your taste.  **Raspberry Sorbet**  2 cup of water  1 cup granulated sugar  Pinch of salt  4 cups frozen raspberries, thawed. Ok to use frozen thawed strawberries  Optional - ripe banana finely diced/ mashed in small pieces  Optional - ¼ cup chopped chocolate chips   1. Prepare syrup by combining water and sugar in a medium saucepan, set over a medium heat. Cook until the sugar is dissolved. 2. To the cooled syrup add salt and raspberries. 3. Use an immersion blender or hand blender and blend the mixture until smooth. 4. Pour the mixture through a fine mesh strainer to remove the seeds. Use a spatula to aid in passing the puree through the strainer and reduce amount of seeds, to your taste. 5. Cover the mixture and refrigerate 2 to 3 hours. 6. Pour the mixture into the frozen freezer bowl of your ice cream maker, add mashed banana, if desired. Mix until thickened, about 15 to18 minutes. 7. If desired, add chopped chocolate chips in the last 5 minutes. 8. Serve immediately as soft serve or transfer the mixture to an airtight container and place in the freezer for 2 hours. 9. If you decide to freeze the sorbet, remove from container about 15 minutes before serving. |