

Rogers Centre



Za'athar Lamb Stew and Tahini Eggplant Caviar Cumin Turkish Bulgur

INGREDIENTS

Lamb Stew:

- 700g trimmed boned lamb shoulder (cut into 1 1/2 - 2 inch pieces)
- 10 g Za'atar spice

Stew:

- 60ml olive oil (divided)
- 100g onion (finely chopped)
- 15g tomato paste
- 500ml low-salt chicken broth
- 120g dried apricots
- 100g plum tomatoes (chopped)
- 100g garbanzo beans
- 2 cinnamon sticks
- 5g minced peeled fresh ginger
- 5g preserved lemon

Eggplant Caviar:

- 1 Eggplant (burn on stove top)
- 40ml of Olive Oil
- 3 Cloves of Garlic (minced)
- 3g Salt
- 5g Sumac
- 30g Tahini
- 20ml Lemon Juice
- 10g Parsley (chopped)

Turkish Bulgur w/ Tomato Pilaf:

- 125g coarse Bulgur
- Tomato 1 medium grated
- 10g tomato paste
- 5g cumin
- 250ml chicken/vegetable broth
- 30ml olive oil
- Salt and Pepper

DIRECTIONS

Stew:

1. In a large bowl mix the Za'athar and lamb and toss to coat. Heat 2 tablespoons oil in heavy large skillet over medium-high heat. Working in batches, add lamb to skillet and cook until browned on all sides, turning occasionally and adding 2 more tablespoons oil to skillet between batches, about 8 minutes per batch. Transfer lamb to another large bowl after each batch.
2. Add onion and tomato paste to drippings in skillet. Reduce heat to medium; sauté until onion is soft, about 5 minutes. Add broth, garbanzo beans, apricots, tomatoes, cinnamon sticks, ginger, and lemon peel and bring to boil, scraping up browned bits. Return lamb to skillet and bring to boil. Reduce heat to low, cover, and simmer until lamb is just tender, about 1 hour. Uncover and simmer until sauce thickens enough to coat spoon, about 20 minutes. Season with salt and pepper. Transfer lamb and sauce to bowl. Sprinkle with cilantro and serve.

Eggplant:

1. Burned the eggplant on open flame.
2. Place eggplant flesh in the bowl of a food processor; pulse until pureed. Transfer to a large bowl; stir in the garlic parsley, olive oil, sumac, tahini, lemon juice, salt, and pepper.

Bulgur Pilaf:

1. In a medium pot, add butter and oil, on a medium heat.
2. When it's warm, add grated tomato, green bell pepper, tomato paste, salt and black pepper.
3. Then add bulgur, and sauté all together for 3-5 minutes.

4. Add chicken stock to bulgur and cover the pot.
5. Then let it simmer for 15-20 minutes or until the bulgur is fully and absorbed all the liquid.