



P.O. Box 105 - Chappaqua, NY - 10549

MEDITERRANEAN MEATBALLS WITH LEMON-CORIANDER YOGURT

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LEMON-CORIANDER YOGURT

- ~ 8 OUNCE CONTAINER, RONNYBROOK YOGURT, PLAIN
- ~ 1 LEMON, ZESTED AND JUICED
- ~ 1/4 TEASPOON WHOLE CORIANDER, TOASTED & GROUND
- ~ SALT AND PEPPER TO TASTE

METHOD-

PLACE YOGURT IN FINE MESH STRAINER TO DRAIN EXCESS LIQUID. ALLOW TO SIT IN STRAINER FOR 15 MINUTES. (YOU WANT THE YOGURT TO BE THICK LIKE A GREEK STYLE YOGURT) ONCE YOGURT IS STRAINED AND THICK, PLACE IN BOWL WITH CORIANDER AND LEMON ZEST AND JUICE, SEASON WITH S&P AND MIX WELL. PLACE IN A SERVING BOWL AND REFRIGERATE TILL READY TO SERVE WITH MEATBALLS (RECIPE FOLLOWS).

MEDITERRANEAN MEATBALLS

- ~ 1#- GROUND BEEF, JOHN BOYS FARM
- ~ 1 EGG
- ~ 1/4 CUP - PLAIN BREAD CRUMBS
- ~ 1 SMALL ONION, DICED
- ~ 2 CLOVES OF GARLIC, MINCED
- ~ 1/2 TEASPOON EACH- FENNEL AND CORIANDER SEED, TOASTED & GROUND
- ~ 1/4 TEASPOON- CRUSHED RED PEPPER
- ~ 2 TABLESPOONS, FRESHLY CHOPPED ITALIAN PARSLEY
- ~ SALT AND PEPPER TO TASTE

METHOD-

COMBINE FIRST 8 INGREDIENTS IN A MIXING BOWL AND COMBINE WELL, SEASON WITH S&P. FORM A SMALL PATTY IN YOUR HAND AND COOK IN A SKILLET OVER MEDIUM HEAT TO CHECK SEASONING. ONCE SEASONING IS TO YOUR LIKING FORM THE REST OF THE MIXTURE INTO 1 OUNCE BALLS (FOR APPETIZERS OR LARGER FOR A MAIN COURSE). ONCE BALLS ARE FORMED PLACE A LARGE SAUTÉ PAN OVER MEDIUM HEAT AND ADD OLIVE OIL TO JUST COAT THE BOTTOM OF THE PAN, WORKING IN BATCHES SEAR THE BALLS TILL COOKED THROUGH, ABOUT 4 TO 5 MINUTES. MAKING SURE TO MOVE THE PAN AROUND SO THE BALLS ARE EVENLY BROWNED.



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**SERVE MEATBALLS IN A BOWL WITH A SIDE OF LEMON-CORIANDER
YOGURT AND TOASTED PITA OR FLATBREAD.**

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