

Pomegranate-Glazed Lamb Meatballs on Fava Purée

Ingredients for about 16-20 meatballs:

- ▷ 1 lb ground lamb
- ▷ 1 slice white bread, processed to crumbs
- ▷ 4 scallions, minced
- ▷ 4 tablespoons finely chopped parsley
- ▷ 2 tablespoons finely chopped mint, plus leaves for garnish
- ▷ 1 clove minced garlic
- ▷ 2 teaspoons ground cumin
- ▷ 2 teaspoons Penzey's lamb seasoning
- ▷ 2-3 tablespoons milk
- ▷ Kosher salt and pepper to taste

Ingredients for Pomegranate Glaze:

- ▷ 1 cup pomegranate juice
- ▷ 2 tablespoons pomegranate molasses
- ▷ pomegranate arils, for garnish

Fava Purée:

- ▷ 1½ cups dried fava beans (I love Bob's Red Mill)
- ▷ 1 clove garlic
- ▷ 3 teaspoons cumin
- ▷ Squeeze of fresh lemon juice
- ▷ Kosher salt and pepper to taste
- ▷ Olive oil for serving, optional

For Fava:

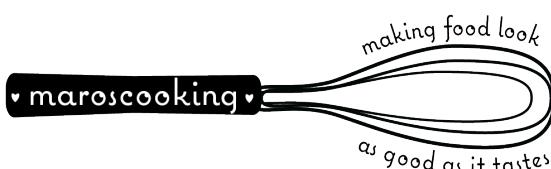
Place dried Fava beans in a medium saucepan so beans are covered with about 2 inches of water above the beans. Add a bit of salt and bring to a boil. Simmer fava covered for about 1½ hours or until extremely tender. Drain fava, reserving about 1 cup of cooking liquid. Process cooked fava in processor or blender with garlic, lemon and cumin, adding some reserved cooking liquid to achieve desired consistency. Season with salt and pepper to taste. Return to pot to keep warm or gently reheat just before serving.

For Meatballs:

While fava is cooking, prepare meatballs. Preheat oven to 425. In a mixing bowl, combine the fresh breadcrumbs with milk and soak until breadcrumbs are soggy and liquid has been absorbed. Combine remaining ingredients including ground lamb and seasonings in bowl and mix with your hands so all ingredients are well dispersed. Spray a broiling pan or cooking rack with non-stick spray and place on a parchment lined baking sheet. Take a healthy tablespoon of meatball combination and roll in the palm of your hand. Place on rack about 1 inch apart. (You can make these ahead and refrigerate until ready to bake). Bake in oven for about 25 minutes until golden and cooked through.

Pomegranate Glaze:

In a small saucepan, combine pomegranate molasses and syrup. Simmer slowly for about 10 minutes so that some of the liquid boils off and you are left with a syrupy glaze.



Assemble Dish:

Take spoonfuls of fava purée and using the back of the spoon, coat a thin layer of serving platter with the spread. Using a pastry brush, coat each meatball generously with warm pomegranate glaze as they come out of the oven. Place on platter with a toothpick in the center. Garnish with fresh mint and pomegranate arils, glaze meatballs with additional glaze if desired and a drizzle of olive oil. Serve warm and enjoy!