



Lamb Meatballs

- 1 pound Ground lamb – grass fed
- 1 Egg
- Garlic cloves, minced
- 2 Tbsp. Chopped parsley
- 1 tsp. Salt
- ½ tsp. Fresh ground pepper, rosemary, thyme or sage
- ½ cup Bread Crumbs
- 2 Tbsp. Red wine

Combine lamb, egg, garlic, parsley, salt, pepper and spices.

In separate bowl soften breadcrumbs with wine and add to meat.

Mix well and shape into 1/2oz meatballs. Heat oil in a medium sauté pan, brown meatballs.

Finish in oven 10 minutes 350 degrees. Serve natural or with a sauce.

“Grass fed lamb has many wonderful flavors and great textures. I always like to add spices to enhance the flavor, not dominate it. So adjust the seasonings to your own taste. These recipes incorporate many flavors that pair well with lamb, which I think brings out the subtle grass fed lamb taste. I also encourage you to make a large quantity of stock and freeze it in small containers to use through the seasons. There really is nothing like stocks made from pastured based and grass fed meats. Enjoy!”

Presented by Chef Jack Kaestner, Oconomowoc Lake Club