

Tangine Kefta 'Mchermel

From Nelson's Kitchen
Print

This is a delicious Moroccan dish of meatballs with herbs and lemon. This recipe can be made with beef, lamb, or a combination of both.

Meatball Ingredients:

- 1/2 onion roughly chopped
- 2 tablespoons of roughly chopped Italian flat-leaf parsley
- 2 slices of crustless white bread
- 1 egg
- 500 grams of ground lamb, beef, or a combination
- 1/2 teaspoon of ground cumin
- 1/2 teaspoon paprika
- 1/2 tablespoon of freshly ground black pepper
- 1 teaspoon of salt

Sauce Ingredients:

- 1 tablespoon of butter or oil
- 1/2 brown onion, finely chopped
- 1/2 teaspoon paprika
- 1/2 teaspoon ground turmeric
- 1/4 teaspoon ground cumin
- 1 red chilli, seeded and sliced (or 1/4 teaspoon cayenne pepper)
- 375 ml of chicken stock or water
- 2 tablespoons chopped cilantro
- 2 tablespoons chopped Italian parsley leaves
- 2 tablespoons lemon juice
- 1 tablespoon of grated lemon zest

Procedure:

1. Make the meat balls

- Put the 1/2 onion and 2 tablespoons of parsley in the food processor and process until finely chopped
- Tear the bread into pieces, add to the bowl with the egg and process briefly
- Add the meat, cumin, paprika, black pepper, 1 teaspoon of salt and process until well mixed. Do not overwork the meat.

- With moistened hands, shape the mixture into walnut-sized balls and place them in a tray. Alternatively use a small ice-cream scoop to measure the meatballs and then form them into balls with the moistened hands.

2. **Make the herb and lemon sauce**

- Heat the butter or oil in a saucepan.
- Add the onion.
- Cook over low heat for eight minutes until softened.
- Add the paprika, turmeric, cumin and chilli or cayenne.
- Cook, stirring, for one minute.
- Add the stock and coriander and bring to a boil.

3. **Cook meatballs in the sauce**

- Add the meatballs to the sauce.
- Shake the pan so that the meatballs settle in the sauce.
- Cover and simmer for 45 minutes.
- Add most of the parsley and the lemon juice and season if necessary.
- Return the simmer for two minutes.
- Add the grated lemon zest and serve.