



Miele

Lamb kebabs with bulgur salad and sumac pickled onions

By Miele

30 minutes, plus marinating time

Preparation time

25 minutes

Cooking time

4

Serves

INGREDIENTS

Lamb kebabs

½ red onion, roughly chopped
80 ml (⅓ cup) Greek yoghurt
2 garlic cloves, roughly chopped
1 tsp ground cumin
1 tsp ground coriander
¼ tsp cayenne pepper
1 ½ tbsp (30 ml) lemon juice
1 tsp salt flakes
500 g boneless lamb leg, cut into 2 cm cubes
8 wooden skewers, soaked in water for at least 20 minutes
1 tbsp (20 ml) olive oil

Sumac pickled onion

60 ml (¼ cup) red wine vinegar
60 ml (¼ cup) water
2 tbsp white sugar
Pinch salt flakes
Pinch sumac
1 red onion, thinly sliced

Pistachio and raisin bulgur salad

100 g (½ cup) coarse bulgur
125 ml (½ cup) homemade or store-bought chicken stock
35 g (¼ cup) pistachio nuts
40 g (¼ cup) raisins, soaked in hot water for 10 minutes, then drained
2 spring onions, finely chopped
½ cup parsley leaves and stems, roughly chopped
¼ cup mint leaves, roughly chopped
1 lemon, zested and juiced
2 tsp honey
1 tbsp (20 ml) extra virgin olive oil
Salt flakes and pepper, to taste

To serve

8 pita bread, homemade or store-bought, warmed
Tzatziki dip, optional
Roasted capsicum dip, optional

METHOD

Lamb kebabs

1. Place the onion, yoghurt, garlic, spices, lemon juice and salt into a food processor, blend until smooth.
2. Pour the marinade over the lamb pieces and mix well to coat. Place in the fridge for at least 4 hours, or overnight.
3. Preheat the griddle plate on medium–high heat, induction setting 7, for 7 minutes.
4. Remove the lamb pieces from the marinade and thread onto the skewers. Lightly oil the kebabs.
5. Place the kebabs onto the griddle plate and cook, turning often, for 10 minutes, or until cooked to your liking.

Sumac pickled onion

1. Place the vinegar, water, sugar, salt and sumac into a small saucepan. Heat over medium heat, induction setting 6, or until the sugar dissolves.
2. Add the onion and leave to pickle for at least 30 minutes. Drain the liquid before serving.

Pistachio and raisin bulgur salad

1. Place the bulgur and stock into an unperforated steam container. Place into the steam oven and Steam at 100°C for 10 minutes. Allow to cool.
2. Place the pistachios on a universal tray. Place into the oven on shelf level 2 on Fan Plus at 160°C and toast for 15 minutes, or until light brown. Cool and roughly chop the pistachios.
3. Combine the bulgur and pistachios with remaining ingredients in a large bowl, season to taste.

To serve

1. Serve the kebabs with bulgur salad, pickled onions, warm pita bread and dips, if using.

Alternative appliance method

- The kebabs can be cooked in the oven on Fan Grill at 210°C for 10 minutes, or until cooked.

Hints and tips

- Lamb rump or shoulder can be used as an alternative to lamb leg.
- Make your own pita using the recipe found on our Miele Experience website.
- Yoghurt contains lactic acid which slowly tenderizes the meat during the overnight marinade.
- The pickled onions can be stored in an airtight container in the fridge for weeks.