

# Lamb Kabobs

Serves 8

This was the main course at a Persian dinner that our cookbook group put on. We tried it first with chunks of lean meat from the leg but it was still rather chewy, so I substituted loin meat. The butcher at Sparrow Market in Kerrytown made this work, albeit for a price. The recipe is from *A Taste of Persia* and it uses a marinade made with pomegranate molasses and walnuts. I found pomegranate molasses at **By the Pound** in Ann Arbor.



## Ingredients:

- 2 pounds of lean, lamb tenderloin cut into 2" chunks
- 1 cup walnuts
- 1/2 cup pomegranate molasses
- 1 tsp. coarse salt
- 2 cloves garlic
- 2 Tbsp. olive oil
- 1 bunch Italian parsley (1/2 cup chopped)
- Pomegranate seeds (optional)
- Mint leaves for garnish (optional)

## Equipment:

- Food processor
- Meat thermometer
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☑	Directions	Time (min)
	In a food processor, pulse 1 cup of walnuts to chip them into small bits	3
	Peel and chop 2 cloves of garlic	1
	Rinse, dry and chop 1/2 cup of parsley	3
	To the walnuts in the food processor, add 1/2 cup molasses, 1 tsp. salt, garlic, 2 Tbsp. olive oil, and 1/2 cup parsley. Pulse to blend	3
	Place meat in a large bowl. Transfer marinade to the bowl and stir to coat all the pieces.	1
	Cover and let stand at room temperature	2 hrs.
	Brush excess marinade from the meat and reserve. Transfer meat to skewers. Meat chunks should not touch.	10
	Grill over medium fire. Turn once to brown both sides	5
	Remove when the internal temperature is 120 degrees for medium rare	3
	Total 2 hr. 29 min.	