



LAMB KORMA MEATBALLS

PAIRED WITH COPIA VINEYARDS 2021 THE SOURCE

Lamb Meatballs:

- 2 lbs Ground Lamb
- 3 Garlic Cloves, finely minced
- 1 cup Shallots, finely minced
- 2 tsp Sea Salt
- 2 tsp Garam Masala Spice Blend
- 1 tsp Cumin Seeds, lightly toasted and crushed with a pestle and mortar
- 2 Tbs Fresh Mint, finely chopped



Korma Sauce:

- 2 Tbs Ghee or Avocado Oil
- 3 Green Cardamom Pods
- 2 Bay Leaves
- 1 Cinnamon Stick
- 6 Whole Cloves
- 1/2 cup Heavy Cream

- 3 Tbs Ghee or Avocado Oil
- 1 1/2 cups Yellow Onion, diced
- 1 Tbs Fresh Ginger, minced
- 1 Tbs Garlic, minced
- 1 tsp Sea Saly
- 1 tsp Garam Masala Spice Blend
- 1 tsp Ground Coriander
- 2 tsp Sweet Paprika
- 1/4 tsp Kashmiri Chili
- 1/4 cup Raw Cashews

To make the Lamb Meatballs: Combine all ingredients in a bowl, then divide into 1" balls. Pack and roll tightly.

Preheat oven to 400°F. Line a large baking sheet with parchment paper and place the meatballs on top of the parchment at least an inch apart from each other. Bake in preheated oven for about 20-30 minutes or until the internal temperature of the meatballs reaches 165°F.

To make the Korma Sauce: In a small Saucepan, heat 2 Tbs of ghee or avocado oil. Once hot (but not smoking) remove from the heat and add the whole spices (green cardamom, bay leaves, cinnamon stick, whole cloves), saute until aromatic about 15-30 seconds, then let cool for 2 minutes. Pour the cream over the spices, cover and set aside to steep.

In a medium sized pan, heat 3 Tbs of ghee or avocado oil. Once hot, add the diced onion and saute for 5 minutes or until it begins to caramelize. On medium heat, stir in the minced garlic and ginger, saute for 30 seconds. Stir in the ground spices (garam masala, coriander, sweet paprika, Kashmiri chili) cashews and salt. Saute for another minute or two.

Transfer the onion spice mixture to a blender or food processor. Strain the cream through a fine mesh sieve over the top. Blend until smooth. If the mixture is too thick, you can add some broth or water to achieve your desired consistency. Return the mixture to the pan and heat until simmering, return your meatballs to the sauce and remove from the heat. Taste and adjust seasoning if necessary.

Serving Suggestion: Garlic Naan and Fresh Yogurt.