

Uploaded to the VFC Website

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

Veterans-For-Change

If Veterans don't help Veterans, who will?

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members & subscribers.



Lamb Meatballs

- Pound ground lamb
- 1/4 Cup finely chopped scallions
- 1/2 Tsp ground cinnamon
 - Tsp ground cumin
 - Tsp ground allspice
 - Tsp salt
 - Tbsp semolina
 - Egg

1

1 3

1

Vegetable oil, for frying

Put the lamb into a bowl and add the scallions. Sprinkle over the spices, salt, and semolina, and then beat the egg adding to the bowl. Work everything together thoroughly with your hands, and then cover with plastic wrap and leave in the refrigerator for half an hour.

Line a baking sheet with plastic wrap and scoop out a scant teaspoon of the mixture. Roll in your hands to form the meatball and place on the lined baking sheet. Have a bowl of cold water beside you to dampen your hands with; this helps them not get too sticky for rolling the meatballs.

のでのでのでのでい

When you are ready to cook them, heat about 1/2-inch of oil in a frying pan. Line another baking sheet with kitchen towel, and when the oil is hot, fry the meatballs in batches without overcrowding the pan. Cook them for about a minute a side, or until golden brown all over.

Makes 78 Meatballs

