

Sheftalia lamb, fresh herbs, Tzatziki sauce |

Recipe for 12 Tapas

Description

Greek flavored oval meat balls accompanied by a yogurt based sauce.

Note

A classic Greek flavor profile, feel free to use your imagination and experiment with different herbs and spices. Why not try a different protein?

Ingredients

Lamb sheftalia

- 100 Gr French shallot
- 125 Ml White wine
- 12 Sprig(s) Flat parsley
- 4 Sprig(s) Mint
- 10 Sprig(s) Chives
- 2 Clove(s) Chopped garlic
- 500 Gr Ground lamb
- 1 Tbsp Oregano

- Salt and pepper
- Olive oil

Tzatziki

- 125 Unit(s) Cucumber
- 1 Clove(s) Chopped garlic
- 250 Gr Plain greek yogurt 0%
- 50 Ml Olive oil
- 5 Ml White balsamic vinegar
- 6 Sprig(s) Dill

- Salt and pepper
- Olive oil

Preparation

- Preparation time **35 mins**
- Preheat your **Four** at **425 F°**

Preparation

Finely chop the shallots. Chop the parsley, mint and chives. Mince the garlic.

Lamb sheftalia

In a hot skillet with olive oil, sweat the shallots. Deglaze with the white wine and then let it reduce a bit to burn off the alcohol. Remove from the heat. Add the herbs and let it all cool down. Add the lamb and oregano and then season with salt and pepper. Make oval patties with the mix and then place them on an oven proof tray and transfer to the oven for 15-20 minutes.

Tzatziki sauce

Peel the cucumber and then cut it into strips. Salt it and let it sit for 1 hour. Rinse them, pat them dry and then grate them.

In a mixing bowl, combine the minced garlic, the yogurt, the olive oil and the vinegar and mix well. Clean the dill, then chop it and add it to the mixing bowl. Rectify the seasoning. Serve nice and cold.

Plating

In small individual bowls, place the tzatziki in the bottom and then place 5 meat balls on top.
Finalise the dish by garnishing with Italian parsley. Garnish as well with the cucumber strips.

Bon appétit!