

Mint-Honey Lamb Skewers

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Tender lamb and pearl onions are marinated and grilled, before being drizzled with a sweet-and-savory marinade bursting with the flavors of mint, honey, wine and apricots. The fruit marinade is the perfect addition to the meat and onion skewers. This dish makes a perfect appetizer or hors d'oeuvre any time.

Ingredients:

1 c. chopped fresh mint
¾ c. dry white wine
2 Tbsp lemon juice
2 Tbsp honey
3 lb. cubed lamb stew meat
1 lb pearl onions, peeled
8 bamboo skewers, soaked in water for 30 minutes
1 Tbsp apricot preserves
2 Tbsp cornstarch
1 Tbsp water

Directions:

1. In small bowl combine mint, wine, lemon juice and honey. Stir to combine.
2. In large bowl toss together lamb and onions. Add wine mixture and toss until evenly combined. Cover, and refrigerate 4 hours to overnight.
3. Place lamb and onions onto bamboo skewers, alternating lamb and onions until ingredients are used. Reserve remaining marinade and set aside.
4. Grill skewers until lamb is cooked through, about 8 minutes on each side. Set aside.
5. In small saucepan bring reserved marinade to a simmer. Whisk in apricot preserves until dissolved then reduce heat to low and simmer for 5 minutes, adding water as needed.
6. Dissolve cornstarch in 1 Tbsp of water and whisk into sauce to thicken; simmer for 1 minute longer and serve over lamb skewers.

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