



Salisbury Lamb

Source: Bob and Robin Young

Ingredients:

1 lbs Ground Lamb
2 cloves Garlic, chopped
½ t Celtic Sea Salt
½ t ground Allspice
¼ t Tellicherry Black Pepper
2 lg Eggs
½ c Panko
2 T Olive Oil
1 lg Red Onion, thinly sliced
2 c sliced Mushrooms
3 T Balsamic Vinegar
1 c Lamb Stock
¼ c Pomi Crushed Tomatoes

Directions:

In a medium bowl, combine the lamb and minced garlic. Season with the salt, pepper, Panko and allspice, and mix well. Add the eggs and mix thoroughly until everything is evenly incorporated.

Heat the olive oil in a large non-stick or cast- iron pan over medium- high heat. Divide the lamb mixture evenly into 4 portions. Make each portion into a ball, then fatten into a patty. Brown the patties on both sides, then remove from the pan and set aside.

Pour off the excess grease in the pan, then add the onions and sauté until they are softened, about 5-6 minutes. Add the mushrooms and cook for another 2-3 minutes. Add the balsamic vinegar to the onions and mushrooms and cook, stirring, until the vinegar is nearly evaporated.

Pour in the stock and Pomi tomato and stir well. Slide the lamb patties back into the sauce in the pan. Simmer the patties in the sauce for 7-10 minutes, turning once, until they're cooked through. Serve the patties with some of the onions, mushrooms, and sauce spooned over the top.