LAMB SPOONBURGER

-Developed by Brenda Langton

A popular signature dish from the "Spoonriver Restaurant" in downtown Minneapolis

Ingredients

1 C. cooked Quinoa
1 pound ground lamb
2 1/2 Tbsp currants
1 Tbsp chopped garlic
1/2 tsp. ground coriander
1/4 tsp. paprika
1/2 tsp. cinnamon
1 tsp. ground cumin
1 1/2 tsp. fennel seeds
1/4 tsp. cayenne pepper
1 Tbsp fresh mint of 1 tsp. dried
1 1/2 tsp. salt
1 tsp ground pepper
1 egg
1/2 Tbsp tomato paste
1 tsp fresh lemon juice
1 Tbsp olive oil



Directions

1. Bring 1 cup water to a boil. Add 1/2 C. of raw quinoa. Reduce the heat, cover the pan, and simmer for 10 minutes. Turn off the heat and allow the grain to steam, covered, for 5 minutes.

2. Combine 1 cup of the cooked quinoa and the remainder of the ingredients and mix them well, mashing until the herbs are well incorporated. Form the mixture into patties or small meatballs.

3. Patties are best when broiled or sauteed (don't cook on a grill, they will break). Appetizer-size lamb-balls may be baked at 400 degrees, alone or in a sauce, for 10-12 minutes.

Serving recommendation

These burgers are delicious served with an herbed mayonnaise, lettuce, tomato and onion.