

Bea's Lamb Meatballs

Yield 30 ea.

- 1 1/2 pounds lean ground lamb
- 1 small Onion – Minced and Caramelized
- 1/2 cup brioche breadcrumbs
- 3 T. chopped fresh parsley
- 2 T. Mustard Seeds - toasted
- 1 tsp. Mint - Minced
- 1/4 tsp. Salt
- 1/4 tsp. White Pepper
- 1/4 tsp. Dry Mustard
- 2 garlic cloves - Minced
- Olive Oil

Preparation

Preheat oven to 400°.

Mince onion and sauté in Olive Oil until golden brown. Cool

Combine all ingredients in a large bowl, and mix well. Shape mixture into 30 (1 1/2-inch) meatballs. Place meatballs on a broiler pan coated with cooking spray. Bake at 400° for 12 minutes or until required doneness.

Pickled Shallots

- 1 cup Red Wine Vinegar
- 1 cup Red Wine
- 3/4 cup packed brown sugar
- 2 T. White Peppercorns
- 1 T. Mustard Seeds
- 2 tsp. Coriander Seed
- 2 T. Salt
- 20 medium shallots, peeled

Preparation

Combine the wine, brown sugar, peppercorns, mustard seeds, Chile flakes, vinegar and salt in a saucepan. Stir over low heat until the sugar dissolves. Add the shallots and bring to a boil. Reduce to a simmer and cook 5 minutes. Set aside to cool completely in the liquid. Transfer the shallots and all their liquid to a jar or plastic container.

Acorn Squash Mustardo

- Olive Oil
- 1 Red Onion, 1/8-“ dice
- 1/2 tsp. Crushed Red Pepper
- Kosher Salt
- 4 cups Acorn Squash, 1/2-“ dice

- 1 cup Dried Cranberries
- 1 cup Sugar
- 1/2 cup Champagne Vinegar
- 1 orange, peeled into strips with and cut into 1/4-“ dice
- 2 T. Mustard Seeds
- 1 T. Mustard Powder
- 1/2 bu. Chives - minced

Preparation

Coat a large straight-sided sauté pan with olive oil. Add in the red onions, crushed red pepper, and season with salt. Bring the pan to a medium heat and cook the onions until they are soft and aromatic, 7 to 8 minutes.

Add in the squash, dried cranberries, sugar, champagne vinegar, orange zest, mustard seeds, mustard powder, and season with salt. Stir to combine. Add 1 cup of water and bring to a boil and then reduce to a simmer. Cover and simmer for 10 minutes. Remove the lid and cook another 15 minutes, stirring the squash frequently until the liquid has evaporated and the squash is a chutney-like consistency. Check to make sure the squash is cooked through and soft but can still hold its shape.