



Spoon of Lamb and Wheat Berry Tabbouleh

Enjoy with a glass of Schramsberg Reserve

(Makes 16 to 20 spoons)

Tabbouleh:

1 cup wheat berries
1 pint vegetable stock
salt and black pepper
2 tablespoons parsley, chopped
1 tablespoon mint, chopped
1 teaspoon dill, chopped
1 teaspoon shallot, minced
¼ cup pistachios, toasted and rough chopped
2 teaspoons lemon juice
1 tablespoon extra virgin olive oil
salt and ground black pepper

Lamb:

1 piece of lamb loin
1 teaspoon ground fennel seed
salt and fresh ground black pepper
2 teaspoons grape seed oil

Maldon salt or similar coarse salt

Tabbouleh:

Soak the wheat berries over night in cold water. Strain and rinse the berries. Place the wheat berries in a medium pot, cover with the vegetable stock and a pinch of salt and black pepper. Place the pot over medium heat and simmer for 50 to 60 minute until the wheat berries are tender. Strain and cool. Once they are cool, place the wheat berries in a mixing bowl, add the parsley, mint, dill, shallots, pistachios, lemon juice and olive oil. Mix well and season to taste with salt and pepper.

Lamb:

Season the lamb loin with the ground fennel seed, salt and fresh ground black pepper. In a medium sauté pan over medium heat add the grapeseed oil and sear the lamb loin on all sides in the grape seed oil. Cook in the pan until medium rare around 130°F. Remove from the pan to rest.

To serve, lay out Chinese soup spoons or similar style serving spoon.

Fill the bottom of the spoon with tabbouleh. Slice the lamb thinly and place a piece on top of the tabbouleh. Garnish with a pinch of Maldon salt and serve.

Created by Richard Haake, Chef & Owner, Winery Chefs (winerychefs.com)