

Lebanese Lamb Mince On Flatbread And Hummus

Serves 2

Ingredients

Flatbread
2 cups stoneground flour
1 packet instant dry yeast
1 tsp sugar
½ tsp salt
¾ cup lukewarm water
1 Tbs olive oil
Lamb mince
2 tbsp pine nuts
1 tbs olive oil
1 onion - finely chopped
1-2 green chillies - finely chopped
2 cloves of garlic - crushed
500g lamb mince
2 tsp ground allspice
1 tsp ground cinnamon
1 tsp ground coriander
1 tsp cumin
1 cube beef stock - crushed into a powder
1 Tbs honey
A pinch of sea or kosher salt
Fresh Coriander and hummus to serve

Method

1.Lamb Mince

- Place a frying pan on a medium to high heat and toast the pine nuts and set them aside.
- Add oil to the pan and fry the onions with the green chili on a medium heat until soft.
- Reduce the heat to medium and add the garlic and cook for 1 more minute.
- Increase the heat, add the lamb mince, and cook until brown.
- Reduce the heat to medium and add the ground allspice, cinnamon, coriander, cumin, crushed beef stock cube and molasses or honey and continue to cook for a further few minutes to allow the seasoning to infuse.
- When the lamb mince is cooked taste and adjust the seasoning if needed. Add a little salt to taste if required.

2.Flatbread

- Mix the flour, yeast, sugar, and salt in a mixer add the lukewarm water and olive oil and mix for 5 minutes until a nice smooth dough is formed. Shape into a ball and then place in an oiled bowl, cover with a plastic bag, and leave to rise in a warm place until doubled in size (about 30 minutes).
- Pre- heat the oven to 200C.
- Turn out the dough onto a floured surface, then divide into two balls. Roll out each ball into an oval shape. Place the flatbread on a large baking tray lined with non-stick baking paper. Spoon the lamb mince over and bake for 8 – 10 minutes until golden brown. Drizzle with hummus and fresh coriander.

Enjoy it with Stellenzicht Silcrete Cinsault!

