



Lamb and potato croquettes, spicy carrots, and yoghurt dressing
Serves 10 as a snack, starter, or canapé:

For the croquettes:

Shopping list:

500g lamb mince
1 medium onion chopped
2 garlic cloves, chopped fine
2 red chillies, de-seeded and chopped
2 tablespoons coriander leaves
6 spring onions chopped
1 tablespoon ground coriander seed
Juice of half a lemon
1 teaspoon ground cumin seed
1 teaspoon extra virgin olive oil
Salt, pepper to taste
3 Large potatoes
200g rock salt
50g bread crumbs. I like Panko crumbs
2 eggs, beaten
Plain flour

Method:

Preheat an oven to 180degrees C

Line an oven proof dish with the rock salt and Place the potatoes, whole, on top. Prick with a fork a few times, then bake in the oven for about an hour, or until cooked through. Set aside to cool, then mash the flesh well with a potato masher. Set aside to cool.

Meanwhile use the olive oil to grease a large saucepan, and place over low/medium heat

Cook the onion, garlic and chillies for 2 minutes, or until translucent.

Add the coriander and cumin powders and turn to medium/high heat. Cook for 2 minutes, stirring regularly.

Add the lamb mince in batches and turn to high heat. Cook for 5 to 7 minutes or until the lamb is well cooked and has taken on some colour.

Add the chopped coriander, spring onions and lemon juice. Cook for a further one minute, stirring well.

Season with salt and pepper.

Remove from the heat and set aside to cool.

To make the croquettes, take a tablespoon of potato and roll in a ball, then flatten in the palm of your hand. Take a teaspoon of the lamb and place in the centre. Using your fingers wrap the potato around the lamb, forming a cylinder.

Coat the croquette well with flour then dip in the egg and coat well with breadcrumbs.

Fry in hot oil until crispy and golden.



For the carrots:

Shopping list:

1 bunch baby carrots
2 shallots sliced
2 garlic cloves chopped finely
1.5 tablespoons white wine vinegar
1 tablespoon ground coriander seed
¼ teaspoon ground cumin seed
¼ teaspoon ground cloves
¼ teaspoon ground cardamom seeds
1 teaspoon nutmeg
1 teaspoon cinnamon
1 teaspoon extra virgin olive oil
Salt/pepper to taste

Method:

Use the olive oil to grease a medium frypan, and place over medium heat
Place the shallots, garlic and all the spices, except for the nutmeg and cinnamon into the frypan and cook for 2 minutes,
Add the white wine vinegar and cook for a further 1 minutes making sure to scrape up any bits stuck to the bottom.
Turn to low heat, add the carrots, cinnamon and nutmeg and continue cooking for a further 5 minutes, stirring well.
Season to taste and set aside.

For the yoghurt dressing:

Shopping list:

1 cup plain yoghurt
1 shallot minced in a mortar and pestle
1 small garlic clove, minced in a mortar and pestle
salt, pepper to taste
juice of half a lemon

Method:

Mix together well, the yoghurt, minced shallot and garlic.
Squeeze in the lemon juice, season and mix together well.

To serve:

Serve each croquette with a good spoonful of carrots and a dollop of yoghurt dressing.

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