

Fresh Canadian Lamb



BBO

Thai lamb brochettes

Serves four

Preparation time: 10 minutes + 1½ hours marinating

Cooking time: 10 minutes

Cost: \$\$

Ingredients

1	Can (14 oz / 400 ml) coconut milk	1
1 tbsp	Fish sauce	15 ml
1½ tsp	Asian curry powder (or to taste)	10 ml
2 tsp	Sugar	7 ml
	Salt (to taste)	
1	Juice of a lime	1
1¾ lb	Neck or shoulder of lamb, cut into small cubes after removing fat	800 g

Method

In a small pan, heat the coconut milk at low with fish sauce and sugar. When the sugar is completely dissolved, blend in the curry powder gradually to avoid lumping. Add salt and lime juice. Let cool. Blend with meat cubes and marinate in a glass bowl covered with plastic wrap for at least 1½ hours (24 hours maximum) in the refrigerator. Then drain the cubes, skewer the meat, and cook it on a pre-heated grill at medium-high heat for 5 minutes per side.

Serve with basmati rice and a cucumber salad dressed with fresh herbs.

The brochettes can also be broiled in the oven. To serve as appetizers, use smaller skewers.

\$ = \$5–\$10

\$\$\$ = \$20–\$25

\$\$ = \$10–\$20

\$\$\$\$ = \$25 and up

BBQ

Per serving:

Calories: 662; Fat: 39 g; Protein: 58.9 g; Cholesterol: 180 mg;

Sodium: 554 mg; Carbohydrate: 9.7 g; Fibre: 2.5 g