



Lamb Meatballs with Rosemary Polenta and Roasted Red Pepper Sauce

PREP TIME: 10 MINS

CHILL TIME: 20 MINS

TOTAL TIME: 30 MINS

SERVINGS: 6

WINE PAIRING: 2023 CERES RED WINE



INGREDIENTS:

For the Meatballs:

- 1 ½ pounds ground lamb
- 1 cup panko breadcrumbs
- 4 garlic cloves minced
- 1 egg lightly beaten
- kosher salt to taste
- fresh cracked pepper to taste
- ⅓ cup chicken stock
- olive oil for coating

For the Polenta:

- 1 cup 2% milk
- 2 cups chicken stock
- 1 cup quick-cooking polenta
- 1 tablespoon butter
- 1 tablespoon fresh rosemary finely diced
- 2 tablespoons honey

For the Roasted Red Pepper Sauce:

- 1 tablespoon olive oil
- 1 medium red onion finely chopped
- kosher salt to taste
- fresh cracked pepper to taste
- 2 tablespoons aged balsamic vinegar
- 1 cup chicken stock
- ¼ cup roasted red pepper paste
- 1 (14.5 oz) can fire-roasted diced tomatoes



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INSTRUCTIONS:

1. Preheat oven to 400 degrees. In a mixing bowl, combine the ground lamb, panko, minced garlic, egg, salt, pepper, and chicken stock. Mix gently by hand and form the mixture into 18 evenly-sized meatballs about 1 ½-inch in diameter and place on a nonstick or greased baking sheet. Lightly drizzle the meatballs with olive oil, rolling to coat on all sides, and arrange them in even rows. Roast the meatballs for 10-15 minutes, until cooked through.
2. While the meatballs cook, heat 1 tablespoon of olive oil in a medium-sized saucepot over medium heat. Add the red onion, season with salt and pepper, and cook for 8 to 10 minutes to soften. Add the balsamic vinegar to the onions and cook for 1 minute, or until somewhat reduced. Stir in the chicken stock, then add the red pepper paste and tomatoes. Bring the sauce to a bubble and adjust the seasoning as needed. Reduce the heat a medium-low and simmer for 10 minutes.
3. In a saucepot with a lid, combine the milk and chicken stock and bring to a boil. Whisk in the polenta and reduce the heat to low. Cook the polenta for 2 to 3 minutes, whisking frequently until it develops a dense but spoonable consistency. As the polenta begins to thicken, stir in the butter, rosemary, and honey, and season with salt and pepper. If it gets too thick, add a little water or more milk to the polenta. Remove from heat.
4. To serve family-style, spoon polenta into a large serving platter with sides, then gently add the meatballs. Spoon roasted red pepper sauce over the meatballs and enjoy!