

Easy-to-prepare meals and accompanying drinks

# Harissa Lamb Leg Steaks

BY RACHEL WALKER



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✪ TAMARIND AND TAHINI, chia seeds and coconut oil—there's no denying the amount of “world ingredients” that have crept onto supermarket shelves in recent years. If you're going to try any, then make it harissa. The Moroccan red-pepper paste is laced with paprika and chilli flakes, and often contains a blend of cumin and coriander. It works especially well with lamb leg steaks, which is rather handy at this time of year—as it makes for a quick, cheap and impressive alternative to the classic Easter feast.

## Serves 4

- 4tsp harissa paste
- 2tsp honey
- 4 boneless lamb leg steaks

## For the tabbouleh

- 100g bulgur wheat
- 200ml boiling water
- 100g fresh parsley, picked and sliced finely
- 30g fresh mint, picked and sliced finely
- 1 red onion, diced
- 2 salad tomatoes, diced
- 2 spring onions, sliced

- 1 lemon, zested and juiced
- 4tbsps good olive oil
- Salt and pepper, to season

## For the minted yogurt topping

- 4tbsps plain yogurt
- 2tbsps (leftover) mint leaves, picked and sliced
- Pepper, to season

Optional serve: hummus, baba ganoush, green beans (tossed in 1tbsp olive oil and zest of ½ orange)



1. Mix the harissa and honey in a baking dish, and then rub mixture into the lamb steaks. Cover with cling film and leave, refrigerated, for ten minutes or as long as overnight.
2. Rinse the bulgur wheat and cook in water according to pack instructions.
3. Meanwhile, prepare the rest of the tabbouleh. Take some time to thoroughly wash the herbs, spin them dry, pick the leaves from the stem and then slice. Set aside 2tbsps of the fresh mint leaves and tip the rest into a mixing bowl.
4. Add the diced red onion, tomatoes, sliced spring onions, lemon juice and zest and olive oil to the mixing bowl. Fluff up the cooked bulgur wheat with

5. Mix the yogurt with the remaining 2tbsps of fresh mint and season with freshly ground black pepper.
6. Cook the lamb steaks quickly at a high temperature. Bring a griddle pan up to a high heat and then cook the steaks for 3–5 minutes on each side (dependent on thickness and also how well-done you like them).
7. Remove them from the pan and let them rest on a chopping board for a further 2 minutes, then slice into strips. Divide the tabbouleh between four plates. Arrange the sliced lamb steak on it and then top with a tablespoon of the minted yogurt.

PHOTOGRAPHY BY TIM & ZOE HILL

# Wines From Lebanon

Archaeologists have found grape pips that are evidence of winemaking in Lebanon, dating back to 8000BC. Despite being so well-established, Lebanese wine has, for millennia, flown beneath the radar. That is until two decades ago, when a new generation of winemakers revived old vineyards and wineries, and started pushing it onto a global stage.

Lots of the country's vines are located in the Beqaa Valley, 20 miles east of Beirut, where the high altitude, plentiful rainfall and hot sun make a perfect growing climate. The area is particularly well-known for producing full-bodied red wines, which pair perfectly with strong lamb



flavours—particularly a dish which is laced with a harissa spice blend, which runs through a lot of Middle Eastern dishes.

Out of the nine million bottles of wine produced each year, only a small amount make it out of the country and onto supermarket shelves—but it's a start. Here are three bottles that are all a fine introduction.



## RACHEL RECOMMENDS...

■ **Chateau Ksara Clos St Alphonse, Marks & Spencer, £10**, smooth, easy drinking with juicy redcurrant notes—a great place to start with Lebanese wines.

■ **Domaine des Tourelles Red, ND John, £8.95**, rich with cherry notes and a hint of spiciness, from one of the longest-established wineries in the Beqaa Valley.

■ **Chateau Ksara Reserve du Couvent 2012, Oddbins, £11.50**, an award-winning, full-bodied red wine, which stands up well to a rich and flavoursome lamb dish.



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pudding  
of the  
Month



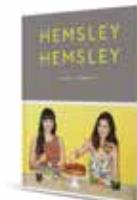
## Bun And Butter Pudding

Current-studded hot cross buns are perfect for this twist on a British classic.

- 6 hot cross buns, halved
- 20g butter, room temperature
- 250ml milk
- 150ml cream
- 2 eggs
- 2tbsps sugar

1. Pre-heat the oven to 170C.
2. Butter the hot cross buns and then arrange them in a greased ovenproof dish, buttered side up.
3. Gently heat the milk and cream. In a separate bowl, whisk together the eggs and sugar.
4. Pour the warm milk and cream over the eggs and sugar, whisking constantly, then pour the custard mixture over the buns.
5. Cook for 30 minutes, or until the custard is set and the top has turned golden. Serve straight away with cream or custard. 🍷

## BOOK



**Good and Simple, Hemsley & Hemsley, Ebury Press, £17.** The second cookbook from the popular sisters.

## BUDGET



**Morrisons medium sheep Easter egg, £3.** Cheap, cheerful—and utterly delicious.

## BLOW OUT



**Bettys large milk chocolate spring flowers egg, £49.95.** A beautiful handmade creation.