



Marinated Lamb Loin Skewers, Fava Bean Purée and Feta Salsa Verde

Nickel & Nickel Bear Flat Merlot, Oak Knoll District of Napa Valley

by Executive Chef Trevor Eliason

Ingredients

Lamb Loin Marinade

- 2 tablespoons lemon zest (about 2 lemons)
- 4 sprigs rosemary, leaves picked
- 4 thyme sprigs, whole
- 3 garlic cloves, smashed
- 1 tablespoon coriander seeds, toasted and crushed
- 2 tablespoons olive oil
- 1 ¼ pounds trimmed lamb loin, cut into 1-inch cubes

Fava Bean Purée

- 16 ounces fresh fava beans; if not available fresh, use frozen or canned
- 2 quarts water
- 2 tablespoons kosher salt
- ¼ cup olive oil
- ½ teaspoon piment d'espelette
- ½ teaspoon kosher salt
- 1 small roasted garlic clove
- 1 tablespoon lemon juice
- Kosher salt and freshly ground pepper, to taste

Feta Salsa Verde

- 1 teaspoon fresh oregano leaves, or ½ teaspoon dried
- 1 cup parsley, chopped
- 2 cloves roasted garlic
- 1 tablespoon capers
- ½ cup olive oil
- 1 tablespoon lemon juice
- ¼ pound Greek or French feta, crumbled

METHOD

Lamb Loin Marinade

In a bowl, combine the lemon zest, rosemary, thyme, garlic cloves, coriander seeds and olive oil. Add the cubed lamb loin and coat evenly. Marinate in the refrigerator for two hours or overnight.

Fava Bean Purée

Open and remove the beans from their pods if you are using fresh favas. In a medium-sized pot, season the water with two tablespoons of salt and bring to a boil. Add the fava beans to the pot, then blanch until the outer membrane splits. Depending on the size of your beans, it will take 30 seconds to one minute. Remove immediately and place in an ice bath.

To remove the split shells, drain the favas and place them in a small bowl. We recommend having two smaller bowls extra on hand, one for the shelled fava beans and another to discard the membranes. Gently squeeze the favas to pop them out of the shells.

In a food processor, add the cooked fava beans, olive oil, piment d'espelette, kosher salt, roasted garlic, lemon juice and purée until blended. Taste and adjust with salt, lemon juice or olive oil if needed. Set aside in a small, tall pot that you can heat later, just before plating. If you heat the purée too soon, it may discolor the vibrant green.

Feta Salsa Verde

Combine the oregano and parsley in a bowl. On your cutting board, create a paste with the roasted garlic and capers; chop together, then using the flat side of your knife, mash the ingredients. Add the paste to the chopped herbs, then add olive oil and lemon juice. Stir to evenly distribute the ingredients, then add in the feta.

Grilled Lamb Loin Skewers

Preheat your grill to medium-high. Bring out the marinated lamb half an hour before cooking, then set aside the lamb and discard the marinade. If you are using wooden skewers, a five minute soak will prevent splintering in the meat. Slide the lamb on skewers, leaving small spaces between each cube. Season lamb with kosher salt and fresh ground pepper. For medium-rare, grill the skewers over medium-high for about five minutes, rotating occasionally.

Optional: We recommend a combination of precooked marble potatoes, cremini mushrooms and red onions to complement the marinated lamb. Brush the vegetables with olive oil, then season with salt and pepper. Grill accordingly.

Presentation

Bring the fava bean purée to medium heat and stir constantly. Spoon the warm purée onto the plate, then place a lamb skewer beside it. Top with the feta salsa verde. These skewers pair deliciously with Nickel & Nickel Bear Flat Merlot. Bon appétit!

Serves 4