



MCGUIGAN
WINES
Come on in



HUMMUS WITH SPICED MINCED LAMB

“Now I get that many of you don’t want to make Hummus, so go ahead and buy it, but here is the recipe if you ever decide you would like to prepare it for yourselves. But remember when you cook the chickpeas DON’T use salt in the cooking liquor.”

John Torode



HUMMUS WITH SPICED MINCED LAMB

SERVES 4

Ingredients:

For the lamb

- 300g minced lamb
- 1 tsp of each ground cumin, paprika
- 1 tbsp olive oil
- coriander leaves, to serve
- lemon wedges, to serve
- crusty bread, to serve

For the hummus

- 250g chick peas, soaked over night, or you could use a 400g can of chickpeas, warmed and drained, liquid reserved
- 2 tsp cumin seeds, toasted and ground
- 1 tsp paprika
- 2 tbsp lemon juice
- 1 fat garlic clove, finely chopped
- 150g tahini
- 100ml good quality olive oil

Method:

Drain the chick peas and transfer to a large saucepan. Cover with plenty of fresh water, add salt and bring to the boil. Cover and reduce the heat. Cook the chick peas for about 2-3 hours, until soft, adding a little more water if needs be. Drain, reserving the cooking liquid. Put into a food processor along with the cumin, coriander, paprika, lemon juice, garlic and tahini. Process until well blended, adding a little of the cooking liquid if necessary to make a smooth paste.

Blend in the olive oil. Season to taste, adding a little more lemon juice if necessary. Set aside.

Place a heavy frying pan over a high heat. Put the lamb into a large bowl and add the spices. Season with a little salt and lots of pepper and mix gently.

Add the oil to the hot pan and then add the lamb. Fry it gently and slowly, stirring it all the time, breaking up any lumps with a wooden spoon. Over a period of ten minutes or so, the lamb will become little crispy balls and the fat will slowly render. Keep stirring until the lamb is crisp, then drain of the fat.

Spread a large plate with the hummus and sprinkle with the crisp lamb. Sprinkle with coriander leaves, and serve with a big wedge of lemon and some crusty bread.



The perfect match: McGuigan Bin 3000 Merlot

"The intense fruit driven flavours of raspberry and ripe plum in this Merlot make it an easy partner for this tasty dish".

Neil McGuigan

About the wine:

The diverse climates and soils of South Australia are perfect for delivering full flavoured merlot. Our merlot is a soft, ripe and luscious wine with rich plum-like flavours. It is a nicely balanced wine with a smooth mellow finish. This charming merlot is great drinking now but will continue to develop over the next 4 years.