

# Mint Creek | Sausage

**QUEEN OF SHEBA MEATLOAF**  
**LAMB-AND-SAUSAGE COUSCOUS**  
**MULLIGAN STEW**

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## **QUEEN OF SHEBA MEATLOAF**

Preparation Time: 30 minutes

Cooking Time: 1 hour

Serves: 8-10

Ingredients

1 lb. lamb sausage

2 1/2 lb. lean ground lamb

2 Tbs. virgin olive oil

3 Tbs. butter

4 garlic cloves, crushed

2 medium onions, finely chopped

1/2 cup finely chopped, fresh Italian parsley

1 tsp. fennel seeds

Juice of 1 lime

1/4 cup dry vermouth

3/4 cup dry bulgur wheat, soaked 30 minutes in water to cover

2 large eggs, lightly beaten

3 Tbs. ketchup

1 tsp. sesame oil

2 Tbs. dried mint

1 tsp. ground allspice

1/4 tsp. dried rosemary

1 tsp. ground cinnamon

1/2 tsp. grated nutmeg

1/8 tsp. black pepper

2 Tbs. Worcestershire sauce

1/4 cup toasted pine nuts

1/3 cup pistachios

3 Tbs. bay leaves, split in half

## **Instructions**

Preheat oven to 375 degrees F. Thoroughly coat a Bundt pan with olive oil. In a large sauté pan, heat the olive oil and 2 tablespoons of butter. Add the garlic and onions. Sauté until the onions are translucent, about 3 minutes. Add the parsley and fennel seeds. Remove half the onion mixture, and combine with the ground lamb in a large bowl. Set aside the other half of the onion mixture. Add the ground sausage to the sauté pan, and brown. Add the lime juice and vermouth. Remove from the heat. Add this mixture to the

reserved onion mixture. Set aside.

Squeeze the excess water from the bulgur wheat. Mix with the lamb. Add the eggs, ketchup, sesame oil, mint, allspice, rosemary, cinnamon, nutmeg, black pepper, and Worcestershire sauce. Mix well. Divide this mixture in half. Press half the lamb mixture into the pan. Arrange the sausage mixture on top of the lamb. Sprinkle the pine nuts and pistachios evenly over the sausage layer.

Press the other half of the lamb mixture on top of the nut layer. Dot the loaf with the remaining tablespoon of butter, and place the broken bay leaves on top of the loaf.

Bake for 1 hour or until done. Remove the bay leaves. Let the loaf sit for 15 minutes before inverting it onto a round serving platter.

## **LAMB-AND-SAUSAGE COUSCOUS**

Preparation Time: 15 minutes

Cooking Time: Slow cooking, 1.5 hours

Serves: 8

### **Ingredients**

3 lb. lamb shoulder, cut into 2-in. cubes

6 lamb sausages

1/2 tsp. salt; or to taste

Freshly ground black pepper

1 Tb. olive oil

1 med. Onion, quartered

4 med. Carrots, peeled and cut into 1/2-in rounds

2 celery stalks, cut into 4 pieces

1/4 c. tomato paste

3 Tb. flour

1 c. dry white wine

6 c. low-sodium chicken broth or water

1 tsp. cayenne pepper

1 Tb. ground cumin

2 med. Zucchini, cut into rounds 1-in thick

1 1/2 c. couscous

### **Instructions**

Preheat oven to 325F. Pat the meat dry, and sprinkle with salt and pepper as desired. Heat the oil in a large, covered casserole or Dutch oven over high heat on top of the stove. Add the meat, without crowding, in batches if necessary, and brown well on all sides. Remove pieces to a plate as they are done, and reserve. Repeat until all meat is browned. Do not pour off fat. Replace the casserole over medium heat. Add the onion, carrots, celery, and tomato paste. Cook, stirring occasionally, 5 minutes. Use your spoon to loosen and dissolve the brown bits stuck to the bottom of the casserole. Add flour, and cook, stirring, an additional minute. Add wine, meat (and any juices on the plate), stock, cayenne and cumin. Cover, bring to a boil and place in the oven for 1 1/4 hours, or until meat is tender.

Meanwhile, combine sausage and zucchini in an ovenproof dish, cover and place in the oven until sausages are cooked—about 20 minutes. Follow directions on the back of the box and cook the couscous. Remove stewed lamb and the sausage-vegetable mixture

from the oven. Using a slotted spoon, remove the meat from the sauce and place it in a serving bowl. Pour off and discard any excess fat from the sausages and add sausages and vegetables to the lamb. Pour the thin gravy through a fine strainer into the serving bowl and discard the vegetables and spices that remain in the strainer. To serve, place the couscous in another serving dish. Pour the broth into a pitcher or soup tureen. Encourage guests to place couscous in their soup bowl, top with the meat and vegetables, and moisten with soup.

### **MULLIGAN STEW**

Preparation Time: 20 minutes

Cooking Time: 5 hours

Serves: 8

Ingredients

1 lb. lamb

1 lb. beef

A fistful of flour

2 shakes paprika

A good pinch of salt

2 shakes celery salt

2 shakes black pepper

2 qt. water

2 carrots

1 parsnip

1 sweet green pepper

2 sticks celery

1 large onion, cut up

5 or 6 potatoes, diced

1 1/2 Tbs. flour

1 soup bone, optional

### **Instructions**

Wash meat; dry and roll it in flour mixture. Put 2 Tbs. butter in fry pan. Sear meat on both sides. Into large saucepan, put:

2 qt. boiling water

2 carrots

1 parsnip

1 sweet green pepper

2 sticks celery

1 large onion, cut up

Add meat and simmer slowly for 2 1/2 to 3 hours. Add 5

or 6 potatoes (diced) after cooking meat about 2 hours. Thicken soup with 1 1/2

tablespoons flour stirred into in a little cold water. Note: A soup bone boiled with this makes it more delicious.