



SKEWERED CHARCOAL-GRILLED BERBER LAMB

WITH ONION, PARSLEY AND CORIANDER

I was fortunate enough to inherit one of my husband’s closest friends as my own. Over the years, he spent time at our home as an honorary member of our family. Food was always the primer in our relationship; we secured our friendship via how much we love to feed people and learn about each other’s cultural identity. Through this coming together, he kept the continuity of his own family history alive by teaching us how to recreate traditional Moroccan meals. Our children have grown up learning about several cultures, in harmonious joy. And the people who have been in our lives, have brought something of themselves to our table, reminding us that food connects us all. This is for Muhammed, who was a constant source of support, companionship and guidance in our lives – you will always be part of our family’s fabric.

SERVES 7

- | | | |
|---------------------------------------------------------|------------------------------------------------------------------|-----------------------|
| 2 kg leg of lamb, deboned, with a layer of fat attached | 300 g fresh flat-leaf parsley | 2 Tbsp salt |
| 500 g extra lamb fat (request this from your butcher) | 5 onions, diced | 1 tsp turmeric powder |
| 300 g fresh coriander | ¼ cup freshly ground black pepper (do not use fine black pepper) | |
| | ¼ cup cumin powder | |

- 1

Cut the lamb into 3 cm-thick slices, then again into strips and finally into cubes.
- 2

Cut the fat into 1.5 cm-thick strips, keeping it separate from the meat.
- 3

To a large glass bowl (or pot), add the meat only.
- 4

Rinse the herbs thoroughly, chop finely and scatter over the meat – the herbs add flavour; do not reduce this quantity.
- 5

Add the diced onions and mix well into the meat.
- 6

Add the ground pepper, cumin powder and salt.
- 7

Mix well, ensuring all the meat is covered with the herbs, onions and spices.
- 8

Cover, either with a pot lid or plastic wrap, and leave in the fridge overnight or preferably for one full day to marinate.
- 9

Lightly season the fat with the turmeric powder, rubbing the turmeric into the fat.
- 11

Place the skewers over a hot grill, turning regularly. Total cooking time should be between 10 and 15 minutes if your coals are at the correct temperature, with a small, occasional flame.
- 12

Serve with a light salad, Spiced Potato Fries (page 131) and flatbread.

NOTES:

- 1

The meat should be washed well and drained. Pat dry before using it.
- 2

It is essential that you use thin strips of fat in-between the meat; do not skip this process. The fat adds flavour and helps keep the meat moist. It is also essential that you grill the lamb over charcoal, using metal skewers only.
- 3

This recipe does not require any additional spices. Allow the flavour to develop through the onion and herb marinade. It is flavourful and fragrant enough as is.

TO GRILL

- 10

When you are ready, thread the meat onto metal skewers, alternating each piece of meat with a strip of fat in-between. Don’t worry if the onions and herbs fall off; they have already seasoned the meat.

