

# LAMB MIXED GRILL



*Skilpaadjies, skaapstertjies and moskoufyt basted lamb saddle chops served with grilled grapes stuffed with camembert cheese.*



# Ingredients

## Skilpaadjies

1 Lamb's caul, cut into squares 10 X10 cm  
500 g Lamb liver,  
250 g Lamb mince  
1 slice White bread  
1/3 cup Milk  
1 small Onion, grated  
1 teaspoon Ground coriander  
½ teaspoon Grated nutmeg  
pinch Ground cloves  
1 teaspoon Fresh thyme, finely chopped  
1 teaspoon Salt  
½ teaspoon Freshly ground pepper  
1 tablespoon Vinegar  
1 tablespoon Worcestershire sauce  
1 tablespoon Oil  
2 Lemons, halved

## Basting sauce

125 ml Tomato sauce  
2 tablespoons Chutney  
1 tablespoon Tomato paste  
1 tablespoon Worcestershire sauce  
2 tablespoons Balsamic vinegar  
2 tablespoons Red wine

## Skaapstertjies

1 kg Skaapstertjies  
2 tablespoons Olive oil  
1 teaspoon Salt  
½ teaspoon Pepper  
1 teaspoon Coriander  
1 Bay leaf  
5 Whole cloves  
500 ml Lamb/ chicken stock  
2 Lemons, quartered

## Saddle chops

6-8 Lamb saddle chops  
2 tablespoons Balsamic vinegar  
3 tablespoons Moskonfyt  
1 tablespoon Olive oil  
1 teaspoon salt  
500 g Large grapes  
100 g Camembert cheese, cut into small rectangles to fit into the incision made in the grape



Recipes by Prof du Rand // Photographs by Michelle Parkin





### Prepare the lamb skilpaadjies:

1. Rinse the caul in hot water and soak until soft.
2. Make sure the livers have been properly cleaned and remove all the tubes and membranes. Rinse the livers in cold water and pat dry. Chop by hand to create a coarse mince. Mix with the lamb mince.
3. Soak the bread in the milk until soft.
4. Make the filling by adding the bread mixture to the liver together with all the remaining ingredients, excepting the caul.
5. Spread the caul open on a chopping board and cut into 10 cm squares.
6. Place a heaped spoonful of filling onto each piece of caul and wrap into a small patty, secure with toothpicks. Place in the refrigerator until ready to cook.
7. Brush with a little oil to prevent them sticking to the braai-grid. Braai over medium heat coals for 15 minutes until the fat is crispy and golden brown.
8. Serve with grilled lemon halves.

### Prepare the lamb skaapstertjies:

1. Preheat the oven to 180°C. Place the skaapstertjies in a large casserole dish with a tight-fitting lid.
2. Drizzle with olive oil, season with salt and pepper and sprinkle the coriander over. Add the bay leaf and whole cloves. Add the lamb stock and lemon.
3. Close the casserole and place in the oven for 30 minutes or cook in a pressure cooker 10-15 minutes. Once the tails are cooked remove from the dish and keep aside to cool use the leftover stock for a sauce. (Can be prepared the day before and kept in the fridge).
4. Cook the skaapstertjies on the braai over hot coals. Place the skaapstertjies on the grid and cook for 8-10 minute, turning regularly to melt the fat and cook until golden brown and crispy.
5. Once they are nice and crispy baste them with the basting sauce, cook for another 10 minutes until they are sticky and well glazed. Serve with lemon to squeeze over.

### Prepare the basting sauce for the lamb skaapstertjies:

1. Mix together the tomato sauce, chutney, tomato paste, Worcestershire sauce, balsamic vinegar, and red wine in a small bowl, until well blended. Use as required.

### Prepare the lamb saddle chops:

1. Skewer the lamb chops with the fat sides all facing the same way. Season with salt.
2. Cook the chops over medium heat turning regularly. Once the fat is cooked, baste with the Moskonfyt basting sauce and cook until well glazed and brown.

### Prepare the Moskonfyt basting sauce for the saddle chops:

1. Blend together the balsamic vinegar, Moskonfyt, olive oil and salt and use to baste the chops.

### Prepare the lamb stuffed grapes:

1. Wash and destalk the grapes. Make a vertical incision in each grape and fill grape with a small piece of cheese. Place 2-3 stuffed grapes on a small skewer.
2. Place in a braai grid and braai over medium coals for 2-3 minutes until the cheese melts and oozes out.

### Serving the mixed grill:

Serve all or any selection of the lamb on a platter with grilled grapes and camembert stuffing on a skewer. Serve with lemon quarters to lessen the fattiness of the meat.