

This was the main course at the Bell Chamber lunch. It was served at room temperature as there are no cooking facilities up there! It was really delicious.



CLAIRE'S LAMB MEATBALLS WITH TOMATO SAUCE AND PEPPERS

Claire is of the 'make it up as you go along' school of cookery, but this is what she did:

Meatballs

1. Slice of white bread soaked in milk or water until it falls to pieces. Add this to 500g lamb mince, 1 teaspoon each toasted and ground cumin seeds, large handful each of finely chopped fresh parsley, mint and thyme and a crushed garlic clove.
2. Roll into small balls and roast [190°C/Gas 6] on a baking tray until they have some colour [about 15-20 minutes]

Sauce

1. Put the contents of a jar of passata, tin of chopped tomatoes, couple of crushed garlic cloves, huge spoonful of harissa paste, bring to a bubble, lower the heat and cook down for about half an hour
2. Then add the meatballs and simmer gently for another 20 minutes or so.

Rice

Brown basmati rice cooked according to pack instructions and then mixed in with dry toasted sunflower and pumpkin seeds

Peppers

Romano peppers, red and yellow, sliced lengthways into four, laid in a roasting tray with lots of garlic cloves and olive oil. Roast until soft