

Recipe Name: Ground Lamb with Pomegranate Molasses in Pitas

Recipe Category: Lamb Lunch

Portion Size: 1 pita with 2 (1 oz. meatballs)

Ingredients: Yields: 50 servings

Ingredients	Notes:
2 cups crème fraiche	
3 tablespoons garlic, minced	Washed, trimmed, peeled and minced
6-7 pounds ground lamb, lean	May use ground turkey or beef
1 tablespoon salt	
2 teaspoons ground black pepper	
3 cups shallots	Washed, trimmed, peeled and diced
¼ cup olive oil	
2 tablespoons cloves garlic	Washed, peeled and minced
1 cup pomegranate molasses	
1 quart water	
2 cups pomegranate seeds	(optional garnish)
½ cup lemon juice	
5 pounds shredded lettuce	Washed, trimmed and shredded
2 quarts tahini yogurt sauce	(see recipe in cookbook)
50 pita pockets, warmed	

Directions:

Steps:	Directions:	Critical Control Point /Quality Assurance
1	Preheat oven to 350 degrees F (175 degrees C).	
2	In a mixer bowl, combine crème fraiche, garlic, salt, pepper, and lamb. Stir to combine. Form into 1 " balls. Bake in oven for 20-30 minutes.	Lamb temperature must reach 165 degrees.
3	In a sauce pan, sauté shallots in oil. Add water, molasses, and lemon juice. Cover and simmer gently over low heat until shallots are very tenders. In a service pan pour sauce over meatballs and keep warm.	
4	To serve, add two meatballs to pita pocket. Add lettuce, tahini yogurt sauce and pomegranate seeds.	

Time Temperature Sensitive food. Food safety Standards: hold food for service at an internal temperature above 140° F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41° F. Follow proper cooling procedures. Store leftovers in a tightly sealed, labeled and dated container. Use leftover within 72 hours if stored in refrigerator or 30 days if stored in the freezer. Reheat leftover product quickly (within 2 hours) to 165 degrees F for 15 seconds. Reheat left over product only once; discard if not used. Cold holding at 41° F or colder or using time alone (less than four hours). Always wash hands and wash and sanitize counter tops utensils and containers between steps when working with raw meat.

Texture Modified Diets:

Soft & Bite Size: (aka Bite size) **Food particle size ½ inch (~width of standard fork)** Food must be moist. Cut foods with a knife to a ½" particle size after cooking. Moisten with sauce as needed after cutting. Omit pomegranate seeds.

Chopped: **Food particle size ¼ inch (~ ½ width of standard fork)** Food must be moist. Chop foods with a knife to 1/4" particle size after cooking. Moisten with sauce as needed after chopping. Omit pomegranate seeds.

Minced and Moist:(aka Minced/Mechanical Soft/Ground) **Food particle size 1/8 inch (fits through prongs of standard fork)** Food must be moist. Use a food processor to grind food particles into 1/8 inch after cooking.. Moisten with sauce as needed after processing. Omit pomegranate seeds.

Pureed: Smooth and cohesive. Use a food processor to puree to a smooth consistency. Foods are processed by grinding and then pureeing them. Peel squash. May add milk or sauce to puree. Do not add too much liquid. Puree should still hold its shape. Must not be firm or sticky. Puree foods while still hot. Appearance should be smooth like pudding. Serve ½ c. puree meat and ½ c. puree pita with toppings separately. Omit pomegranate seeds.

Therapeutic Modified Diets:

Lowfat: No changes needed.

Diabetic/No added Sugar/No Conc. Sweets/Calorie Controlled: No changes needed

Bland/Anti Reflux: Omit onion, garlic, mustard and pepper.

Liberal House Renal: Omit salt and. Serve 1/2 cup SF rice in place of pita or SF pita.

No Added Salt: No changes needed

2 Gram Sodium: Omit salt. Serve ½ cup SF rice in place of pita or SF pita.

Gluten Free: No changes needed. Prepare foods separately to prevent cross contamination.

Allergy Alerts: When an "X" is present, this indicates the allergen is present. Always read all food labels to ensure allergens are not present.

Wheat	Milk	Eggs	Fish Shellfish	Soy	Peanuts/Nuts	Other

Key: SF= Salt Free D= Diet or Sugarfree LF = Lowfat FF = Fat Free GF = Gluten Free