

## SUGGESTED PAIRING: SIMPLIFIED MECHOU (MOROCCAN BARBECUED LAMB *with* MINT YOGURT)

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Adapted from a recipe by Aziz Bakhalla from SBS Australia.

INGREDIENTS:	1 kg of lamb backstraps or fillets, cut into long strips about 2 cm wide	1 tbsp chopped coriander
	1 tbsp ground cumin	1 tbsp chopped parsley
	1 tbsp sweet paprika	1 tbsp lemon juice
	2 tbsp chopped garlic	Olive oil
		Salt

FOR THE MINT YOGURT:	1 cup Greek or Mediterranean or natural yogurt	¼ tbsp sugar
		3 tbsp chopped fresh mint

Place the lamb in a bowl and add the remaining ingredients. Use your hands to thoroughly coat the lamb. Cover and refrigerate for 1 hour. To make the minted yogurt, blend to combine the ingredients in a blender. Keep cold in the refrigerator until ready to serve. Barbecue the lamb to medium-rare and serve with the yogurt. Enjoy with a glass of 2012 Bien Nacido Syrah.

**QUICK PAIRING SUGGESTIONS:** Pair this wine now with meaty, savory dishes and aged cheeses, including roasted game, smoked meats, aged Gouda or Pecorino, roasts rubbed with Herbes de Provence, or dishes with mushrooms, including truffle.