

Egyptian Barley Salad with Seared Lamb Loin paired with Davis Estates Zephyr

INGREDIENTS:

Egyptian Barley Salad

2 medium globe eggplants, sliced $\frac{3}{4}$ inch thick
As needed olive oil
2 teaspoons salt
1 tablespoon ground coriander
2 tablespoons ground cumin
1 $\frac{1}{2}$ cups pearl barley
Salt and pepper
 $\frac{1}{4}$ cup plus 2 tablespoons extra virgin olive oil
 $\frac{1}{4}$ cup pomegranate molasses
1 teaspoon ground cinnamon

SERVES: 6-8

1 $\frac{1}{2}$ teaspoon ground cumin
 $\frac{1}{3}$ cup golden raisins
 $\frac{1}{2}$ cup coarsely chopped cilantro
 $\frac{1}{4}$ cup mint, chiffonade
1 bunch green onion, thinly sliced
 $\frac{1}{4}$ cup shelled pistachios, toasted and chopped coarse
1 pint cherry tomatoes cut in half
3 ounces feta cheese, crumbled

Seared Lamb Loin

extra-virgin olive oil
2 boneless lamb loins
As needed Salt and Black Pepper
As needed garlic powder

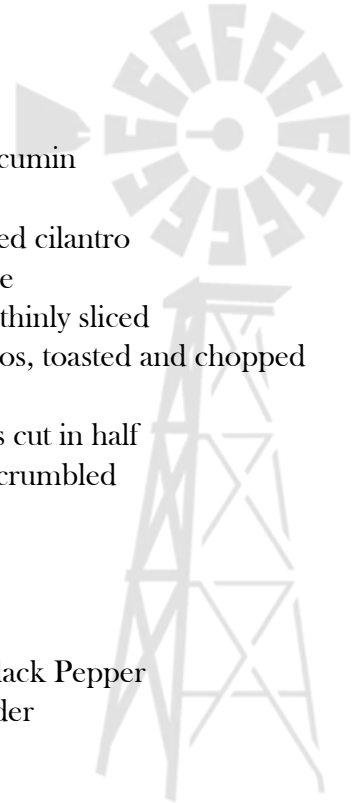
METHOD:

Egyptian Barley Salad

- Preheat grill on high.
- Combine salt coriander and cumin together mixing well.
- Rub sliced eggplants with olive oil on both sides then sprinkle spice mixture generously on eggplant covering both sides.
- Grill for 3 to 5 minutes per side until golden brown and charred in spots.
- Let cool and dice into $\frac{1}{2}$ inch pieces.
- Bring 4 quarts of water to boil.
- Add barley and 1 tablespoon salt, return to boil, and cook until tender, 20 to 40 minutes.
- Drain barley, spread onto baking sheet, and let cool completely, about 15 minutes.
- Whisk oil, pomegranate molasses, cinnamon, cumin, and a pinch of salt together in large bowl.
- Add barley, raisins, cilantro, mint, green onions, pistachios, tomatoes and eggplant and gently toss to combine. Season with salt and pepper to taste. And sprinkle crumbled feta on top

Seared Lamb Loin

- Preheat the oven to 350°F.
- In a 12-inch skillet (preferably cast-iron), heat the remaining 1 tablespoon of olive oil until shimmering. Add the lamb loins and cook over moderate heat, turning, until browned all over.
- Transfer the skillet to the oven and roast the loins for 5 to 7 minutes, until an instant-read thermometer inserted in the thickest part registers 125°.
- Transfer the loins to a carving board to rest for 10 minutes.



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To Finish

On a warm plate, plate your seared lamb loin with a health scoop of Egyptian Barley Salad. Serve immediately with a glass of Zephyr.