

Kandahar Chicken Kofta in Ruby Red Grapefruit Juice

Serve with crusty bread to soak up the sauce.

INGREDIENTS:

The Meatballs:

- 1 pound ground chicken
- ½ teaspoon cinnamon
- ½ teaspoon salt
- 1 cup chicken stock or water

The Sauce:

- 8 large garlic cloves
- ⅔ cup roasted cashew pieces
- ¼ cup vegetable oil
- 1 teaspoon cayenne pepper
- ⅔ cup canned pureed tomatoes
- 1 teaspoon salt, or to taste
- 1 cup ruby-red grapefruit juice
- 1 cup heavy cream
- Pinch of freshly grated nutmeg
- Chipped chives, for garnish

INSTRUCTIONS: The meatballs:

Put chicken in a bowl and separate clumps of meat with a fork. Add cinnamon and salt. Mix thoroughly. Using a small ice cream scoop, scoop out a tablespoon of meat mixture and shape into a smooth 1-inch ball with your fingers. Repeat. You should have about 26 meatballs.

Place meatballs in a large heavy skillet. Add stock. Bring to a boil, reduce heat, cover and simmer, turning once, until meatballs are tender and cooked through, about 15 minutes.

The sauce & to finish the

dish: While meatballs are cooking, put garlic in a blender with 3 to 4 tablespoons water. Grind to a smooth paste. Transfer to a bowl. Add cashews to blender with about ½ cup water, process to a smooth paste, and transfer to another bowl.

Heat oil in a large, heavy skillet over medium heat. Add garlic paste and cook, stirring, until fragrant and starting to brown, 2 to 3 minutes. Add cayenne and stir for a few seconds. Add cashew paste and cook, stirring, until well blended and oil starts to separate, about 5 minutes.

Add tomato puree, 1 cup water and salt. Bring to a boil and cook, stirring frequently, until sauce has thickened and takes on a reddish hue, 8 to 10 minutes. Stir in grapefruit juice. Cook at a lively simmer for 2 minutes. Add cream, meatballs, any remaining cooking stock and the nutmeg. Cook, stirring gently, until heated through, about 4 minutes. Adjust seasoning with additional salt, if necessary.

Transfer to a serving dish and top with chives.

Serves 4

PER SERVING: 645 calories, 31 g protein, 22 g carbohydrate, 50 g fat (18 g saturated), 156 mg cholesterol, 583 mg sodium, 2 g fiber.