

Sweet and tangy

Rosemary lamb makes a classic sandwich classy

BY EMMA SMITH
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ANN STRATTON

If a sloppy joe evokes school cafeteria days for you, it's time for an update. Substitute lamb and honey for the beef and ketchup base to give the juicy classic intriguing new flavor. Add rosemary to the sauce (it's a natural partner for lamb) and goat cheese on the bun, and you have a sophisticated dish with all the comfort of the old joe. If you end up with some of the lamb mixture left over, try it on pasta the next night.

Honey-Rosemary Lamb Sandwich

PREP AND COOK TIME: About 25 minutes

MAKES: 6 servings

- 1½ pounds ground lean lamb
- 1 onion (8 oz.), chopped
- 2 cloves garlic, minced or pressed
- 1 can (15 oz.) tomato purée
- ¼ cup honey
- 2 teaspoons finely chopped fresh rosemary leaves or 1 teaspoon dried rosemary
- Salt and pepper



- 6 flat sandwich rolls (about 3 oz. each), such as ciabatta or sourdough, split
- 3 to 5 ounces fresh chèvre (goat cheese)
- About 2 cups baby spinach leaves (2 oz.), rinsed and crisped

Tangy goat cheese and baby spinach modernize an old favorite. Mound the lamb on the best buns you can find.

1. In a 10- to 12-inch frying pan over high heat, crumble lamb with a wooden spoon, stirring often until lightly browned, about 8 minutes. Remove meat with a slotted spoon and discard all but 1 tablespoon fat from pan.

2. Return meat to pan; add onion and garlic. Stir occasionally until onion begins to brown, about 4 minutes. Add tomato purée, honey, and rosemary; stir occasionally until hot, about 2 minutes. Add salt and pepper to taste.

3. Set roll bottoms on plates and spread with goat cheese; cover with baby spinach leaves. Spoon lamb mixture over spinach and set tops in place.

Per serving: 584 cal., 48% (279 cal.) from fat; 32 g protein; 31 g fat (10 g sat.); 63 g carbo (4.6 g fiber); 836 mg sodium; 89 mg chol. ●