



FLORENCE FABRICANT
The LADIES' VILLAGE
IMPROVEMENT
SOCIETY COOKBOOK
Eating and Entertaining in East Hampton

PHOTOGRAPHY BY DOUG YOUNG
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Lamb and Summer Vegetable Kebabs

AMAGANSETT SEA SALT COMPANY

2 CUPS PLAIN YOGURT
8 TABLESPOONS EXTRA VIRGIN OLIVE OIL
6 TABLESPOONS LEMON JUICE
2 TEASPOONS LEMON ZEST
½ CUP CHOPPED FRESH ROSEMARY LEAVES
½ CUP CHOPPED FRESH MINT LEAVES
2 TEASPOONS FINE SEA SALT
½ TEASPOON FRESHLY GROUND BLACK PEPPER
3 POUNDS TOP ROUND OF LAMB, CUT INTO 1½-INCH CUBES
3 MEDIUM GREEN OR YELLOW ZUCCHINI, CUT INTO WHEELS 1½ INCHES THICK
3 MEDIUM RED ONIONS, CUT INTO WEDGES 2 INCHES WIDE
1½ PINTS CHERRY TOMATOES, STEMS REMOVED
COARSE SEA SALT

Combine the yogurt, 6 tablespoons of the olive oil, the lemon juice and zest, rosemary, mint, fine sea salt, and pepper in a large bowl. Add the cubes of lamb, mix well, cover, and refrigerate at least 4 hours or overnight.

Place the zucchini, onions, and tomatoes in a large bowl, add the remaining 2 tablespoons olive oil, and toss to coat the vegetables. Set aside.

Preheat a grill or broiler. Thread the meat on metal or presoaked bamboo skewers. Thread the vegetables, alternating the varieties, on separate skewers. Grill or broil the lamb for 5 to 8 minutes, depending on the heat of your grill, turning once or twice, for medium-rare. Grill the vegetables for 6 to 8 minutes, until lightly charred.

Arrange the skewers on a large serving platter and dust with coarse sea salt.

IMPROVEMENT: By using two thin skewers side by side instead of just one for each kebab, you can guarantee that the ingredients will stay in place and not spin around as you turn the skewers.

The notion of hauling buckets of seawater to the shore, then letting it evaporate to produce natural sea salt, sounds practical yet borderline insane. But that's precisely what Steven and Natalie Judelson, residents of Amagansett, have been doing for years. And they've convinced the doubters. Their natural sea salt constantly wins accolades from important chefs and is sold nationwide. Their recipe for lamb kebabs calls for fine salt in the marinade and coarse salt for final seasoning.

SERVES 8