

# Lamb



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# Grilled Lamb Rib Chops

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Servings: 2

## Ingredients

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- 2 large garlic cloves, crushed
- 1 Tbs fresh rosemary leaves
- 1 tsp fresh thyme leaves
- pinch cayenne pepper
- coarse sea salt
- 2 Tbs extra-virgin olive oil
- 4 lamb rib chops



## Procedure

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- 1 Add the garlic, rosemary, thyme, cayenne, and salt to a mortar and use pestle until combined. Pour in olive oil and smash into a paste.
- 2 Rub the paste on both sides of the lamb chops and let them marinate for at least 1 hour in the refrigerator.
- 3 About 20 minutes before you are ready to grill, remove the chops from the refrigerator and allow them chops to come to room temperature.
- 4 Heat your outdoor grill over high heat, add the chops and sear for 2 to 3 minutes. Flip the chops over and cook for another 4 minutes for medium.

# Lamb Rib Chops with a Spicy Rub

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Servings: 2

## Ingredients

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- 1 tsp finely grated fresh ginger (about 2-inch piece)
- 1 tsp finely grated garlic (about 2 large cloves)
- 3/4 tsp salt
- 1/2 tsp cayenne
- 1/2 tsp ground cumin seeds
- 1/2 tsp ground coriander seeds
- 1/4 tsp ground turmeric
- 1 rack Lamb rib chops (about 1 lb)
- 3 Tbs canola oil



## Procedure

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- 1 In a bowl large enough to hold the chops, mix together the ginger, garlic, salt, cayenne, cumin, coriander, and turmeric to form a thick, slightly dry paste. Rub the chops well with this mixture and set aside to marinate for at least 2 hours and up to 8 hours in the refrigerator.
- 2 Heat a large cast-iron skillet over medium-high heat and add the oil. Sear the lamb chops to the desired doneness, 4 to 5 minutes on each side for rare.
- 3 You may also grill these chops on an outdoor grill. Sear over high heat and then finish on low until cooked to your desired doneness.
- 4 Let rest briefly before serving.

