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Mary Had a Little Lamb

Grilled Garlic-Herb Marinated Lamb Chops

Fresh & Seasonal Ingredients:

- 2 racks of lamb (approximately 8 ribs each)
- 4 cloves of garlic, peeled and roughly chopped
- ½ cup roughly chopped fresh herbs (thyme, parsley, basil and rosemary are a good combination)
- Juice from ½ a lemon

Pantry & Fridge Items:

- ¼ cup extra virgin olive oil
- 1 teaspoon salt
- 1 teaspoon freshly ground pepper

- To prepare the Lamb:
 - Trim excess fat from the meat and rib bones (or ask the butcher to “French” the rack of lamb). Cut the rack into individual chops.
- To prepare the marinade:
 - Place garlic, herbs, lemon juice, salt and pepper and olive oil in a food processor or blender and blend until garlic is finely chopped and all ingredients are combined. Spread this garlic-herb blend evenly over the lamb chops and place in a glass or other non-reactive pan, stacking the chops if necessary. Cover with plastic wrap and refrigerate for 2 hours, or up to 24 hours.

To cook the lamb:

- Oil the racks of your grill and preheat on high heat. Cook chops for approximately 2 to 3 minutes on each side for medium-rare, depending on the thickness of the chops.

Serves 4-6

Note: You can use whole racks of lamb for this recipe if you wish. Allow the racks of lamb to sit in the marinade for a minimum of 4 hours and up to 24 hours. You will also need to adjust your cooking time to account for the thickness of the full rack of lamb.