



grilled
Lamb Chops
with cucumber mint sauce

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Serves 4

Ingredients (Lamb Chops)

3 cups (750 ml) extra virgin olive oil	¼ cup (63 g) sage
1 tbsp. (15 g) whole black peppercorns, crushed	1 tbsp. (15 g) garlic, minced
½ cup (125 g) fresh rosemary	1 bay leaf
¼ cup (63 g) fresh thyme	2 racks of lamb, frenched
Salt and pepper to taste	

Method (Lamb Chops)

1. Combine extra virgin olive oil, black peppercorns, rosemary, thyme, sage, garlic, bay leaf, 2 racks of lamb, salt and pepper in a resealable plastic bag. Turn bag to coat lamb with the marinade.
2. Refrigerate for at least 2 hours or overnight.
3. Preheat grill to a medium/high heat.
4. Drain and reserve the marinade from the lamb.
5. Pat the lamb dry with a clean kitchen towel.
6. Season the lamb with salt and pepper and place on the grill.
7. Grill the lamb for 15 minutes. Brush the marinade over the lamb occasionally while grilling.
8. Let the lamb rest for 10 minutes before slicing individual portions.
9. Serve with a cucumber mint sauce.

Ingredients (Mint Sauce)

1 tsp. (5 g) cumin seeds	1 cup (250 ml) plain yogurt
1 cup (250 g) Paysanne cucumbers, peeled, seeded and diced	1 tbsp. (15 g) chopped fresh mint

Method (Mint Sauce)

1. Toast the cumin seeds in a frying pan on medium/high heat.
2. Crush the cumin seeds in a spice mill.
3. Mix the crushed cumin seeds in a bowl with yogurt, cucumber and fresh mint.
4. Serve immediately or refrigerate up to 3 days.

Grilling Tips: To judge how hot your grill is, carefully place the palm of your hand just above the grill rack and count the number of seconds you can hold that position.
2 secs. - Hot 400°F to 450°F, 3 secs. - Medium Hot 375°F to 400°F,
4 secs. - Medium 350°F to 375°F, 5 secs. - Medium Low 325°F to 350°F

Nutritional Facts per serving (539 g): Calories 450

Fat 32 g (49 %), Saturated Fat 8 g + Trans Fat 0 g (40 %), Cholesterol 75 mg, Sodium 190 mg (8 %), Carbohydrate 16 g (5 %), Fiber 4 g (16%), Sugars 8 g, Protein 27 g, Vit A (6 %), Vit C (30 %), Calcium (20 %), Iron (25 %). % = % Daily Value