

ELVIS BLUE'S LAMB SADDLE CHOPS RECIPE

Prep time: 20 minutes

Cook time: 25 minutes

Serves 4-6 people



INGREDIENTS

1kg lamb saddle chops (or normal rib or loin chops)

FOR MARINADE

Juice of 2 lemons

½ cup olive oil

3 tablespoons coriander seeds

3 tablespoons ground pepper

Salt

FOR KRUMMEL PAP

2 ½ cups water

2 ½ cups maize meal

1 teaspoon salt

1 tablespoon butter

FOR SHEBA

1 tablespoon olive oil

1 tablespoon minced garlic

1 chilli, finely chopped

1 chopped red onion

½ cup chopped green onion

1 can diced tomatoes

Salt and pepper

INSTRUCTIONS

1. Add the lamb saddle chops and all the marinade ingredients into a container with a lid.
2. Shake the container to let the lemon juice and olive oil emulsify. Let the chops marinate for an hour or two.
3. Preheat your braai to medium heat.
4. Skewer the lamb chops with the fat sides facing the same way. Salt both sides.
5. Cook them, turning regularly and making sure to avoid flare ups.
6. Once the fat is cooked, remove the chops from the skewers. Salt both sides and cook them normally to your preferred doneness.

KRUMMEL PAP

1. Add the water and salt into a pot.
2. Pour in the maize meal and use the back of a wooden spoon or fork to stir the pap until you achieve a crumbly consistency.
3. Close the lid and let it simmer on medium heat for 5 minutes.
4. Stir it again with the back of the spoon or fork.
5. Replace the lid and steam on low heat, stirring occasionally.
6. When your pap is ready, add a knob of butter and stir it one last time.

SHEBA SAUCE

1. Heat the olive oil in a pan, then add the garlic, chilli and red onion.
2. Cook on medium heat until the onions are soft.
3. Add the green onions and the diced tomatoes.
4. Add salt and pepper to taste and simmer on low heat. You can add a little bit of water if the sauce is too thick.