



GREEK LAMB CHOPS

Prep Time: 30 Minutes

Cooking Time: 25 minutes

Difficulty Rating: ■○○○○

Ingredients:

Chops

- 10 Lamb rib or lion chops (approx. 1kg/ 35 oz.)
- 1/3 Of a cup olive oil
- 3 Cloves of garlic
- 1 tbsp Chopped fresh thyme
- 1/2 tsp oregano
- 2 tbsp Fresh chopped rosemary
- Zest of 1 lemon
- Juice of 2 lemons
- Freshly ground salt and pepper
- Wooden skewers
(soaked in water for a few minutes)

Garlic Bread:

- 1 French loaf or baguette
- 2 Cloves of garlic
- 1/2 Cup of butter
- Tbs fresh chopped parsley
- Salt and pepper

Salad:

- 5 Medium tomatoes chopped
- 2 Small cucumbers
(quartered length wise and chopped)
- 1 Large green bell pepper capsicum
(sliced thinly)
- 1 Large red onion (thinly sliced)
- 3 Tbsps. extra virgin olive oil
- 1 Tbsp. red or white wine vinegar
- 1/4 tsp dried oregano to taste, salt to taste
- Freshly crushed black pepper
- 200 gm Feta cheese cut into slabs
- Some olives, whole or sliced
(Kalamata, if you have them)

Method

Chops

1. Start by placing the chops in a container with a lid, you'll be shaking the container when all the ingredients are added so make sure it's something that can stay closed.
2. Add the olive oil, fresh herbs, lemon zest and lemon juice and season with salt and pepper.
3. Close the lid and give it a good shake until the lemon juice and olive oil emulsifies. Put the sealed container in die fridge.
4. Start your grill up and turn all the burners to the lowest setting.
5. Skewer your chops so that there's only a short piece of the skewer sticking out on both sides. Make sure the fat is facing in the same direction on all the chops. Sprinkle a little bit of salt on the fat.
6. Place the chops, fat side down, and the garlic bread on the grid with the chops and close the lid. Turn the chops every few minutes to cook the bone side as well. You can turn the garlic bread each time you turn the chops.
7. Remove the chops from the skewer when the fat is golden brown and crispy.
8. Grill them like you would normally on their sides 5-10 minutes depending on whether you like your lamb nice and pink or well done. Remove the garlic bread
9. Let your chops rest for 2 or 3 minutes.

Garlic Bread

1. Cut bread into 2.5cm-thick slices without cutting all the way through.
2. Combine the butter, garlic and parsley in a bowl. Season with salt and pepper. Spread mixture over cut sides of bread slices. Wrap loaf in foil.

Together, made better, with you:

megamaster

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