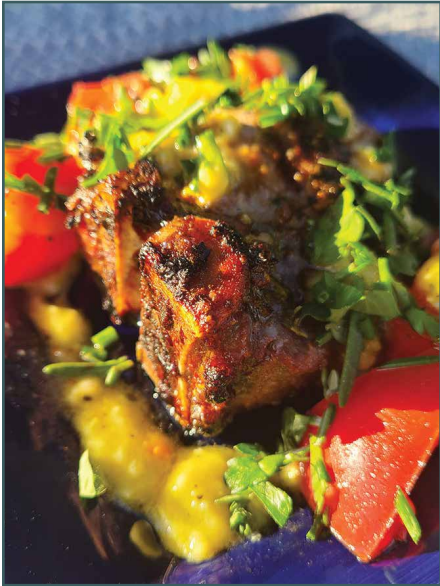




GRILLED LAMB CHOPS



Ingredients

Meat

4 thick-cut lamb chops /pork chops /small steaks

Marinade

6 large garlic cloves, minced
1 tbsp Dijon mustard
zest of 1/2 a lemon
1 1/2 tbsp olive oil
2 ounces of sherry

Tomatoes

2 medium-large heirloom tomatoes, cut into chunks
2 tbsp olive oil
3 tbsp balsamic vinegar
salt and pepper to taste

Mustard Drizzle

2 tbsp minced garlic
2 tbsp Dijon mustard
4 tbsp olive oil
1 tbsp honey
1 tbsp balsamic vinegar
salt and pepper to taste

Fresh Herbs

1/4 cup chopped fresh herbs:
thyme, marjoram, rosemary,
parsley, oregano, chives -
your choice!



Instructions

Servings
4

Prep Time
10 mins

Marinade
2 hours

Barbecue
10 mins

Oven/Stove
25 mins

1. Crush the garlic, measure the sherry, mustard, oil, and lemon, then mix. Pour the marinade ingredients over the lamb chops, packing the garlic close to the meat.
2. Cover the chops and put them in the fridge to marinate for at least 1-2 hours, flipping the lamb chops over halfway through your marination time. You can marinate them overnight if you have the time, just remember to flip them over in the morning so they get marinated on both sides.
3. Wash and slice the heirloom tomatoes and place them in a bowl. Coat the tomatoes in the olive oil, balsamic vinegar, salt and pepper, then set aside.
4. In a small bowl, place minced the garlic cloves. Add the mustard, balsamic vinegar, olive oil, honey and salt and pepper. Mix and set aside.
5. Wash and cut the fresh herbs. Set them aside in another bowl.
6. Barbecue or bake the lamb chops:
 - Barbecue Method: Start the barbecue at high heat, and add the chops. Grill for 2 minutes, then reduce the heat to medium and flip. Grill the chops for 8-10 minutes in total, flipping them every 2 minutes so they don't burn.
 - Oven/Stovetop Method: Preheat the oven to 375 ° F. Let the chops rest at room temperature while the oven is preheating, or for at least 15 minutes. Heat oil in a frying pan over high heat, until the oil is hot and shiny. Add the chops and sear on both sides for 2-3 minutes. Place the chops in a baking dish. Top with a little mustard drizzle and fresh herbs before baking, if you like. Bake for 4 to 8 minutes, checking regularly to see if the meat is cooked to your liking.
7. When the internal temperature at the thickest part of each chop is in the range of 125 ° F – 144 ° F, they are ready to eat. Transfer the chops to a plate and serve immediately. Top with the balsamic tomatoes, mustard drizzle, fresh herbs, and enjoy!