

Grilled Lamb

***Personal Recipe**

4 Lamb Chops
½ Cup Olive Oil
2 Cloves of Garlic (Diced)
1 Tbsp Black Pepper (Fresh ground if possible)
1 tsp Salt
½ tsp Lemon Juice
1 tsp Basil

Sprinkle the Lamb chops with the diced Garlic, the spices and the Lemon juice. Then hand-massage the chops to embed the Garlic and spices into the meat. After both sides of the chops are seasoned and massaged, drizzle the Olive Oil of the chops. Flip the chops if you wish to ensure even coating.

Let Stand 2 hours.

Grill Chops on a charcoal or gas grill, over an open flame. The Olive Oil will burn easily so attention must be given to frequent flipping during the grilling to ensure the chops don't blacken. Grill to taste (about 10 minutes on a hot grill will yield medium rare for an average T-cut Lamb Chop).

You may broil the Lamb chops or perhaps use a Forman Grill as well. I have not tried these methods, preferring the charcoal grill.

Serve with dressed Baked Potatoes and a green vegetable.