

Grilled Lamb Chops with a Rosemary Marinade

I've been making Grilled Lamb Chops with this same Rosemary Marinade for years. Inspired by a recipe from McCall's magazine, I've changed it around over the years. It goes great with any cut of lamb. It also makes an interesting marinade for beef steaks. Lamb is best when cooked to medium rare. Resist cutting into the lamb while cooking or resting. Use your finger to test for doneness.

2 cloves	garlic	2 Tablespoons	red wine
2 Tablespoons	fresh rosemary leaves	1 teaspoon	Dijon mustard
3 Tablespoons	parsley	½ teaspoon	Kosher salt
1 Tablespoon	fresh thyme leaves	¼ teaspoon	ground black pepper
1	anchovy filet (optional)	4	lamb chops
3 Tablespoons	olive oil		

- 1 Place garlic, rosemary, parsley and thyme in a small food processor. Process until chopped. Add anchovy if you desire and process again. Then add the olive oil, red wine, Dijon mustard, salt and pepper and process until you have a wet mixture..
- 2 Slather the Rosemary Marinade all over the lamb chops. Refrigerate for at least an hour, while you prepare the rest of your meal.
- 3 When ready to grill, bring your lamb chops out of the fridge to warm up a little, while you prepare the grill. Lamb is best when cooked to medium rare - 135° (it will go up to 145° after resting). To accomplish this, grill chops no more than 4 minutes per side over medium high heat. Less time if the lamb chops are thinner than 1". They are done when they have some spring when you press into them, Avoid cooking until they are close to hard, as the meat will be dry and overcooked.
- 4 Take the lamb chops off the heat and let them rest 5+ minutes while you serve up the rest of your meal. Resist cutting into them. As they stand, they will continue to cook and the juices will distribute throughout the meat. Slice lamb against the grain or across the chop.

Servings: 4

Preparation Time: 6 minutes

Cooking Time: 8 minutes

Inactive Time: 1 hour

Total Time: 1 hour and 14 minutes

Nutrition Facts

Nutrition (per serving): 414 calories, 285 calories from fat, 31.8g total fat, 99.2mg cholesterol, 377.9mg sodium, 508.1mg potassium, 1.4g carbohydrates, <1g fiber, <1g sugar, 27.9g protein.

Source

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