Grilled Lamb Chops with Lemon and Cardamom

Author:

Grilled lamb chops with lemon cardamom is a very simple recipe. The lemon and cardamom add an oriental touch that will delight those unfamiliar with lamb.

Ingredients

1 rack of lamb,
6 chops each, trimmed, 1 inch thick
2 lemons - 1 zest and 1 whole to garnish
1 teaspoon ground green cardamoms
1 garlic clove, finely chopped
2 tablespoons olive oil
Salt and freshly ground pepper

Preparation Time	10 min	**Difficulty**	Simple
Portions	Not specified	**Yied**	
Country/Region			
Vegetarian	No		

Preparation

In small bowl, blend olive oil, lemon zest, cardamom, garlic, salt and pepper. Pour marinade over lamb and refrigerate for one hour, turning occasionally. Grill over hot coals or stove grill for 3 to 4 minutes on each side, or until desired degree of doneness is achieved, brushing frequently with marinade. You may use a meat thermometer and cook the meat to 140°F for medium rare. Allow the chops to rest 3 to 5 minutes before eating; they will continue to cook. Place the chops, bones down, into the remaining lemon for an original presentation.

Notes

No Description available