



Provence Lamb Chops

Serves 1-2

Ingredients -

1 rack of lamb
1/2 cup extra virgin olive oil
6-8 garlic cloves
Freshly ground black pepper
2-3 T Herbes de Provence
Kosher salt to taste

Assembly -

Rinse and pat dry lamb to remove any bone fragments.
Rub entire rack of lamb with olive oil.
Cover meat area with paper thin slices of garlic and Herbes de Provence.
Heavily pepper the meat. DO NOT salt.
Wrap rack tightly in plastic wrap and place in refrigerator for 24 hours.

Cooking -

Remove lamb from plastic wrap and using a butter knife, scrap off and discard the garlic, pepper, and herbs. It is important to get as much off as you can since these will not taste good charred!
Re-season the meat with salt and pepper to taste.
Place fat side down on medium hot grill close to the heat source to render the fat. The grill will produce flames and this is to be expected but keep moving the rack of lamb in and out of the flames so the fat is browned but not totally charred. You cannot leave the grill during this step! It should take about 3 minutes.
Remove the meat from the lower grill and place fat side up on an upper rack and cover for about 20 minutes for medium rare. You could also transfer meat at this point to a preheated 350 degree oven if your grill does not have an upper grill rack.
Remove meat from the grill or oven and let the rack rest for 5 minutes before slicing into individual chops
Note: If you prefer your meat cooked much past medium rare, this dish might not be for you! Lamb can take on some unpleasant characteristic if it is overcooked

Wine Pairing Suggestion -

This highly spiced lamb dish pairs wonderfully with a Pinot Noir, Grenache, Merlot, or Cabernet Sauvignon. The smokey and spicy flavors typically found in Pinot Noir or Grenache would be a perfect match. Try a Lawrence Dunham Vineyards' Grenache.

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