

LAMB CHOPS WITH SALSA VERDE



TIME TO PREPARE
1 hour to marinade



TIME TO COOK
20 minutes



SERVES
2

INGREDIENTS

For the lamb chops and marinade:

4-6 lamb chops, depending on how many you like per person

1 teaspoon rapeseed oil

1 teaspoon sumac

Juice of 1/2 lemon

Good grind of black pepper

For the salsa verde:

2 large handfuls chopped mixed light herbs – flat leaf parsley, basil, mint, chives, oregano or tarragon

1 clove of garlic, peeled and crushed

4 salted anchovies, chopped

1 tablespoon capers, drained and rinsed

100ml rapeseed oil

Juice of 1 lemon

Freshly ground black pepper

Pinch Maldon sea salt

LET'S GET COOKING

- 1 Place all the marinade ingredients in a jug and mix well. Put the lamb chops in a shallow non-metallic dish. Pour over the marinade and massage it well into the meat. Cover and leave for 1-12 hours in the fridge.
- 2 The salsa verde can be made in advance. Chop up all the herbs and place them in a bowl with the other ingredients and mix well. Taste and add oil, lemon, salt and pepper as necessary.
- 3 Take out the lamb chops 30 minutes before cooking to bring them up to room temperature. Meanwhile, preheat the barbeque until it's ready. Season the chops with salt and pepper and place them on the griddle. Cook for 7-10 minutes on either side depending on how well done you like them. To see how well cooked they are, press the large part of the flesh with your index finger. It will be soft for rare, have some bounce for medium and be firm for well done.
- 4 When you have cooked them to your liking take them off the heat and cover with foil and place to the side for 5 minutes to rest. Serve with lashings of salsa verde, boiled new potatoes, wilted spinach and asparagus.

"I don't often buy expensive cuts of meat but when I do splash out I ABSOLUTELY LOVE them. Lamb needs salt to really make the flavours sing otherwise it can be a bit musty. Here the saltiness of the anchovies and capers and the freshness of the herbs and lemon are a cracking combination."

Salsa verde (or green herb sauce as we used to call it on Colonsay) is a classic accompaniment to many great ingredients. Use whatever combination of light herbs you can find. If you have leftovers, try it alongside poached salmon, baked haddock or stirred through lentils. The key is to chop the herbs rather than throw them in a food processor. We are looking for a chunky texture not a pesto."