

RECIPE FILE



New Zealand spring lamb is one of the most tender meats to barbecue.

Lamb and the barbecue are a winning combination

The popular taste of barbecued foods has evolved over time from the days of the caveman. Early man discovered how delicious meat tasted when roasted over a roaring fire.

One of the most delicious and tender meats to barbecue is New Zealand spring lamb. The smoky flavour that coals impart complements the unique flavour of lamb and makes a refreshing change from the traditional hamburger or hot dog.

Lamb cooks very quickly and tastes great when marinated in a fruity mixture such as lime juice. Serve with fresh summer vegetables, easy-to-make salads, ice cold drinks and cool dessert for a summertime meal that will leave you time to enjoy the beautiful outdoors.

Simply marinate the lamb chops a day ahead of time and toss them on the barbecue when that hungry crowd gathers. Then sit back and enjoy the good weather.

Impress your guests by serving an easy but delicious spicy barbecued leg of lamb. Covered with a spicy coating, it can be refrigerated for a day or two before grilling — perfect for summer entertaining.

Lamb Chops with Lime Mint Chutney

- 4 New Zealand spring lamb shoulder chops,

- defrosted
- 1 cup fresh mint leaves (250 mL)
- 1/2 cup fresh coriander leaves (125 mL)
- 3 tbsp lime juice (45 mL)
- 1 small onion, quartered
- 1 jalapeno chili, seeded and halved
- 1 (1 1/2-inch/1 cm) piece fresh ginger
- 1 tsp granulated sugar (5 mL)
- 1/4 tsp salt (1 mL)

Directions: Pat chops dry and slash edges; place in shallow and dry glass dish just big enough to hold them in single layer. In food processor or blender, chop mint and coriander; set aside. Place lime juice, onion, chili and ginger in machine and process to a paste. Remove 2 tbsp (30 mL) of paste and rub over top of chops. Cover and marinate at least four hours, or overnight.

Return mint and coriander to machine with sugar and salt. Blend well, transfer to small bowl, cover and refrigerate until serving time.

Let chops stand at room temperature for 30 minutes before barbecuing. Then place on greased grill four inches (10 cm) above medium-hot coals or on medium-high setting and grill about six minutes per side, turning once.

Makes 2 to 3 servings.

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