

Saucy Lamb Chops



(Serves 4)

- 8 x 2" (5 cm) thick Frenched lamb chops
- 1/4 cup plus 1/2 tsp (62 ml) Windsor® Kosher Salt, divided
- 1 cup (250 ml) Greek yogurt*
- 2 tbsp (30 ml) fresh lemon zest
- 1/4 cup (60 ml) finely chopped fresh Rosemary
- 2 tbsp (30 ml) finely chopped fresh Italian parsley
- 3 tbsp (45 ml) finely chopped fresh Oregano
- 2 tbsp (30 ml) finely grated lemon zest
- 1 small clove garlic (grated or finely minced)
- 1/8 tsp (0.5 ml) red chili flakes
- Windsor Black Peppercorns, (freshly ground) to taste



Recipe Preparation

1. Dry off lamb chops well with paper towel. Sprinkle and rub 1/4 cup (60 mL) salt all over lamb chops. Set aside while prepping herb yogurt sauce.
2. Add chopped herbs, lemon zest, garlic, red chili flakes, remaining 1/2 tsp salt and freshly ground black pepper to medium bowl.
3. Mix in yogurt* and lemon juice. Add more seasoning if required.
4. Grill lamb chops; 5 to 7 minutes per side or until internal temperature is 150°F for medium doneness. Or 3 to 5 minutes for internal temperature of 135°F for medium rare. Cover and let rest for 10 minutes before serving.
5. Dress plate with herbed yogurt* mixture and place lamb on top.

Tip: Serve with boiled mini potatoes. Add 2 tsp (10 ml) kosher salt to water to season water for boiling. Simmer until just tender. Toss potatoes in finely chopped parsley and olive oil before serving.

Herbed Greek yogurt can be made a day or two ahead of time and kept in an airtight container in fridge until ready to use. Bring up to room temperature before serving.

*substitute with a non-dairy yogurt for Kosher diets

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