



GET YOUR grill ON

FAMILY FEATURES

Chef Tim Love, the nation's foremost authority on urban western cooking, has gained a reputation as a "Master of Meats" and a grilling guru. "When I want to create something out of the ordinary or prepare a simple meal for my family," he says, "I choose American lamb on the grill. With its sweet and rich flavor, it provides versatility and an unsurpassed taste that makes any recipe special."

Grilling is an ideal low-fat cooking method for lean meats such as lamb. It's rich in protein, iron, B vitamins and zinc, and on average has less than 175 calories per three-ounce portion. Fire up the grill with these recipes from Chef Love. From chops to burgers to kabobs, any cut of American lamb is the secret weapon for great grilling!

For more grilling recipes and information about American lamb, visit americanlamb.com.

American Lamb Grilling Guide

- Marinate leg, chops or kabobs covered, in refrigerator from 2 to 24 hours.
- Grill lamb about 4 inches above medium coals; turn occasionally.
- How long should you grill lamb?

Butterflied Leg (4 to 7 pounds)	40 to 50 minutes
Loin Chops (1 inch thick)	9 to 10 minutes
Cubes for Kabobs (1-inch pieces)	7 to 12 minutes
Lamb Patties (1/2 inch thick)	5 to 12 minutes

- As a general rule, it's best to keep the grill lid off for cuts that cook quickly, such as chops, so you can monitor doneness. For thicker cuts such as leg, cover the grill when the meat is not directly over the coals.
- Allow lamb to rest before serving so juices can settle — 5 minutes for chops; 10 to 15 minutes for larger, thicker cuts. As lamb rests, internal temperatures rise 5° to 10°F.
- Serve chops and kabobs at an internal temperature of 145°F (medium rare) and burgers at 160°F (medium). For most accurate results, use a thermometer to check temperature.

Lamb Sirloin With Stockyards-Style Garlic Mint Vinaigrette

Brighten up the barbeque with the magic of marinades

Simple marinades add flavor and tenderize meats. Let lamb marinate for at least 2 hours or overnight in a plastic food storage bag. Grill over medium heat until desired doneness.

Mint Raspberry
Combine 1/3 cup olive oil, 2 tablespoons raspberry vinegar, 1 tablespoon chopped fresh mint and 1 garlic clove, minced.

Soy Ginger
Combine 1/4 cup lemon juice, 1/4 cup soy sauce, 1/4 cup honey, 1 teaspoon grated ginger and 1 garlic clove, minced.

Yogurt Curry
Combine 1/3 cup plain yogurt, 2 teaspoons curry powder, 1 garlic clove, minced and 1 1/2 teaspoons lemon pepper.

Lamb Sirloin With Stockyards-Style Garlic Mint Vinaigrette

Serves 4

Marinade
1/2 cup chopped garlic
2 cups olive oil
2 cups mint (fresh)
1 lime zest and juice

Steaks

4 lamb sirloin steaks

In medium mixing bowl, blend garlic, olive oil, mint, and lime zest and juice.

Add lamb sirloin steaks to marinade in a glass baking pan for at least 2 hours, covered (ideally overnight).

Preheat grill. Meanwhile, remove lamb from marinade. Lightly score sirloins, approximately 4 cuts per side.

Place on grill over low heat. Cook for approximately 4 minutes per side.

Garlic Mint Vinaigrette

1 cup garlic cloves
1 cup olive oil
2 cups mint leaves
1/4 cup chopped fresh thyme
1 tablespoon stone ground mustard
1 tablespoon rice wine vinegar
4 limes, zest and juice
1 teaspoon salt
1 teaspoon pepper

Slowly roast garlic in olive oil over medium heat in a heavy bottomed sauce pan until just golden. Let oil cool with garlic in it.

Combine all ingredients, except mint, in blender and mix until chunky. Add mint and blend for approximately 2 to 3 seconds to incorporate.

Drizzle grilled lamb sirloin steaks with vinaigrette to taste.

Lamb Pinxtos

Servings: 8

1/2 cup chopped garlic
2 cups olive oil
2 cups fresh chopped mint
2 pounds boneless leg of lamb, cleaned and cut into 1-ounce cubes
Zest and juice of 1 lime

Blend garlic, oil, mint and lime for marinade. Marinate lamb cubes for 2 to 3 hours.

Heat grill to medium heat. Place 4 cubes on each skewer. Grill approximately 5 minutes per side.

Grilled Loin Chops With Tomatillo Chutney

Servings: 4

Chutney

1 tablespoon olive oil
12 tomatillos, husks removed and quartered
1 medium white onion, finely diced
1 serrano chile, minced
1 tablespoon roasted garlic, chopped
1 tablespoon sugar
1/4 cup chopped cilantro

Chops

8 6-ounce lamb loin chops
1/4 cup olive oil
Coarse salt and cracked pepper to taste

Bring lamb chops to room temperature.

Heat 1 tablespoon olive oil on medium high heat in heavy skillet. When oil begins to smoke, add tomatillos, onion, chile and garlic. Saute, stirring frequently, until vegetables are soft. Add sugar and cilantro and continue to cook until sugar is dissolved. Season with salt and pepper.

Heat grill to medium heat. Brush chops with 1/4 cup olive oil and season liberally with salt and pepper. Grill chops for approximately 4 to 5 minutes per side. Remove chops from grill and let sit for 5 minutes.

Serve lamb chops with warm chutney on top.



Lamb Pinxtos



Grilled Loin Chops With Tomatillo Chutney

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All materials courtesy of: American Lamb Board

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