

ROSEMARY DIJON LOIN LAMB CHOPS

6-8 LOIN LAMB CHOPS

¼ CUP OLD FASHIONED DIJON MUSTARD

4 TSP EXTRA VIRGIN OLIVE OIL

3 MINCED GARLIC CLOVES

1/TSP KOSHER SALT

¼ TSP GROUND PEPPER

½ TSP HERBES DE PROVENCE

IN A SHALLOW DISH, WHISK TOGETHER ABOVE INGREDIENTS TO THE CHOPS AND LET STAND AND MARINATE FOR 15 MINUTES. PLACE CHOPS ON GREASED GRILL OVER MEDIUM HIGH HEAT. GRILL, TURNING ONCE, FOR APPROXIMATELY 10-12 MINUTES UNTIL THE JUICES RUN CLEAR. CHOPS, ONCE PIERCED, SHOULD HAVE A BIT OF PINK REMAINING.

- YOU CAN ALSO BAKE IN THE OVEN AT 350 DEGREES FOR ABOUT AN HOUR.
- DELICIOUS AND JUICY AND QUICK TO PREPARE WITH A LOVELY TASTE. I LIKE TO SERVE WITH JASMINE RICE AND A BIT OF FRUIT CHUTNEY.

THIS RECIPE CAN BE DOUBLED FOR A LARGER CROWD.

THE FIRST TIME I TASTED GRILLED LAMB WAS IN THE MOUNTAINS ABOVE PRETORO, IN THE SUMMER OF 1974. THIS DELICIOUS FOOD SMELT AND TASTED SO GOOD WHEN IT WAS PREPARED BY A GENTLEMAN KNOWN ONLY AS ZIO ROCCO AND HIS WIFE ZIA CHRISTINA.

TRINA COSTANTINI-POWELL
BUON NATALE E FELICE ANNO