



Grilled Lamb Chops with Walnut and Herb Pesto

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Serves 2 -4

Ingredients:

1 rack of Lamb Chops (8 chops)
1 ½ TBSP finely chopped Rosemary
3 cloves of Garlic finely minced
¼ cup Olive Oil
Freshly Cracked Black Pepper
Fleur de Sel (Sea Salt)



Directions:

Place lamb chops in a one gallon zip style storage bag then add the rosemary, garlic and olive oil. Close and turn the bag to coat the chops evenly with the marinade. Refrigerate for 1 – 1 ½ hours. 30 minutes before grilling remove chops from the bag and place on a platter to bring chops to room temperature before placing on the grill. Lightly season them with some freshly cracked black pepper. Sear on High (500 degrees) for about 2 minutes per side for medium rare or longer depending on thickness of chops and desired doneness. Remove to a platter and salt one side lightly with Fleur De Sel. Tent the chops with tin foil and let rest for 5 minutes. Serve with Walnut and Herb Pesto.

For the Pesto: *(makes extra pesto to enjoy with pasta)*

¾ cup fresh Mint Leaves
½ cup fresh Parsley
1 cup fresh Spinach
½ cup freshly grated Parmesan Reggiano
1 clove of Garlic
2 TBSP Walnuts
3 tsp fresh squeezed Lemon Juice
Olive Oil (about ¼ cup)
Salt

Directions:

Put the first seven ingredients in a food processor, then process while streaming in olive oil, about ¼ cup, or to desired consistency. Salt to taste. Refrigerate covering with plastic wrap touching the surface of the pesto.

Pictured with Sage and Garlic Infused Whipped Potatoes and Grilled Asparagus

(Here I substituted rosemary for the sage)