

Lamb Two Ways

April 8th, 2010

Grilled Lamb Loin

2- Lamb Loins
1 Tsp. olive oil
1 Tsp. Granulated garlic
Juice from 1 Lemon
2 tsp. dry Mint
1 Tsp. Mo Rockin spice
Salt and pepper to taste

Procedure

1. Rub the olive oil and lemon on the lamb.
2. Rub the seasonings on the lamb and grill to your desired temperature.

Lamb Rib Chops

2 Whole Lamb Rib racks
2 Tsp. Olive oil
1 Tsp. cumin
1 Tsp. granulated Garlic
½ tsp. Allspice
Pinch ginger
2 tsp. Adobo sauce
1 cup BBQ sauce
2tsp. chopped cilantro
Salt and pepper to taste

Procedure

1. Rub the lamb with the oil and the salt and pepper and grill.
2. Combine all of the rest of the ingredients in a bowl and mix well.
3. Paint the racks with the BBQ sauce and serve with your favorite grilled veggies.