Grilled Lamb Chops with Mustard Glaze

Description

Lamb chops with mustard glaze combines a hint of Parmegiano-Reggiano cheese with mustard, olive oil and some garlic for a delicious and savory grilled lamb chop flavor.

Summary

Yield: 4
Source: Adapted from Weber's Charcoal Grilling
Prep Time: 45 minutes
Category: Grill
Cuisine: American

Ingredients

Lamb Chops

- 4 loin lamb chops, about 4 oz each
- 2 tbsps italian parsley, finely chopped
- 2 tbsps fresh parmigiano-reggiano cheese, grated

Mustard Glaze

- 1/4 cup dijon mustard
- 1/4 cup extra virgin olive oil
- 1/4 cup fresh parmigiano-reggiano cheese, grated
- 1 clove garlic, minced
- 1/2 tsp kosher salt
- 1/4 tsp fresh ground black pepper

Instructions

Mustard Glaze

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Mix the Dijon mustard, olive oil, Parmigiano-Reggiano cheese, Kosher salt, garlic and fresh ground black pepper togetether in a medium sized bowl.

Brush the lamb chops on both sides with the glaze. Allow to sit at room temperature for 30 minutes before grilling.

Parsley Garnish
In a small bowl, mix the chopped Italian parsley and the Parmigiano-Reggiano cheese together. Set aside.

Lamb Chops
Grill the lamb chops over direct heat (two-zone fire) with the lid closed as much as possible. Grill until lightly charred on the surface, about 8 to 10 minutes for medium-rare. Turn once or twice and swap their positions as needed for even cooking.

To serve, sprinkle the parsley and Parmigiano cheese mixture over the top of each lamb chop.

Notes

Weber recommends a two-zone fire techique for grilling. This is where you move the coals over to one side after they're ready. This provides a direct-heat zone on one side of your grill, and an indirect-heat zone on the other side. Then, if flare-ups occur, you can move the lamb chops temporarily over to the indirect-heat zone.