

a month of enlightening VSU's community about the great taste of lamb and mutton



Grilled Lamb Loin Chops with Orange & Olive (Chef Jesse Griffiths) Serves 4-6

Ingredients

1-1/2 pounds lamb loin chops,
1 to 1-1/2 inches thick Kosher salt and freshly
ground black pepper
3 tablespoons plain yogurt, low fat or whole milk

Juice and zest of one orange, divided 4 cloves garlic,
finely chopped and divided
1 small red onion, finely chopped
3/4 cup finely chopped green olives
1/4 cup coarsely chopped flat leaf parsley
1/4 cup extra virgin olive oil, plus more for the grill

Directions

Marinating these chops overnight with yogurt and citrus tenderizes the meat and adds bright flavor that complements the smoky char from the grill. A quick, fresh sauce is all you need to complete the chops, plus a bottle of wine. The day before serving, pat the chops dry with paper towels and season with salt and pepper. Lay the chops in a shallow non-reactive pan such as an 8-inch square baking dish. Combine the yogurt, half of the orange juice and zest, and half of the garlic in a small bowl. Whisk the ingredients together and pour over the chops, turning them once to coat both sides with the marinade. Cover the pan with plastic wrap and refrigerate overnight. Remove the chops from the refrigerator 30 to 45 minutes prior to grilling to allow the meat to come to room temperature. Heat a gas or charcoal grill to medium-high, or preheat a grill pan over medium high heat. Remove the chops from the marinade and allow most of it to drip off. Lightly oil the grill or grill pan, and arrange the chops over the heat. Grill 3 minutes, turn each chop 90 degrees, and cook for another 3 minutes or until the chops are nicely charred. Flip the chops and cook on the other side for about 6 more minutes, turning halfway through. They should still be pink inside. Remove the chops from the grill and place on a warm plate to rest while you make the sauce. Combine the remaining orange juice and zest, and chopped garlic with the onion, olives, parsley and olive oil in a small bowl. Stir well to combine, spoon some sauce over each chop and serve immediately.

Lamb Roast with thyme, sweet onion puree, cherry tomato-brussel sprout-roasted garlic hash, chimichurri (Chef Chris Michel) Serves 4-6

Season lamb knuckle generously with salt, pepper, garlic and olive oil. Let marinate for 2-3 hours.

Sweet Onion Puree

Peel and dice three onions. Sweat onions in pan on medium heat with 1 clove garlic, 1 sprig thyme, 1 bay leaf until

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onions become translucent. Make sure no liquid is remaining. Remove bay leaf, as well as thyme, and place cooked onion in a blender adding 2-3 T cream and 3 T butter. Blend until smooth in texture. Onion mixture can also be passed through a fine mesh sieve for an even smoother texture. Season with salt and lemon.

Cherry tomato-brussel sprout-garlic hash

Cook brussel spouts to desired doneness, grilled or fried. Next combine in a bowl with cherry tomatoes, roasted garlic and season to taste.

Chimichurri

1/2 cup parsley

1 T finely chopped fresh thyme

1/4 cup olive oil

1 T chili flake

2 T lemon juice, plus zest

2 cloves garlic

Finely chop parsley, thyme and garlic. Place all ingredients into a small mixing bowl adding a pinch of salt and pepper.

Grill or roast lamb knuckle until desired doneness. Place a generous spoon of sweet onion puree on plate, then vegetable hash. Slice meat and place on top. Drizzle the Chimichurri on top of the lamb and around the plate.

Greek Nachos *Serves 4*

Ingredients

1-1/2 pounds ground American Lamb

1-1/2 cups chopped onions

2 teaspoons minced garlic

1 teaspoon dry oregano

1 teaspoon smoked paprika

1/2 teaspoon crushed, toasted fennel seeds

1/2 teaspoon cracked black pepper

Kosher salt, as needed

6 cups plain pita chips

1 cup diced ripe tomatoes

1/2 cup sliced scallions

1/2 cup crumbled plain feta

1/2 cup sliced pitted Kalamata olives

1/2 cup Greek-style nonfat yogurt

4 mint sprigs

Directions

In a large skillet, cook lamb over medium-high heat until almost completely browned, approximately 4 to 5 minutes, stirring often. Stir in onions, garlic, oregano, paprika, fennel and pepper; continue to cook 4 to 5 minutes, until the onions are almost golden. Adjust seasoning with salt. Remove from heat; keep warm until ready to serve. For each serving, place 1-1/2 cups warmed pita chips in a wide soup plate; top with 1 cup lamb-onion mixture. Sprinkle with 1/4 cup tomatoes, 2 tablespoons scallions, 2 tablespoons feta and 2 tablespoons olives. Top with 2 tablespoons yogurt and garnish with a sprig of mint. Serve hot.