



Grilled Lamb with Brown Sugar Glaze *Serves 4*

Ingredients

¼ cup brown sugar	1 teaspoon ground black pepper
2 teaspoons ground ginger	1 teaspoon garlic powder
2 teaspoon dried tarragon	½ teaspoon salt
1 teaspoon ground cinnamon	4 lamb chops

Directions

In a medium bowl, mix brown sugar, ginger, tarragon, cinnamon, pepper, garlic powder, and salt. Rub lamb chops with the seasonings, and place on a plate. Cover and refrigerate for 1 hour. Preheat grill for high heat. Brush grill grate lightly with oil, and arrange lamb chops on grill. Cook 5 minutes on each side, or to desired doneness.

Greek Lamb-Feta Burgers With Cucumber Sauce *Serves 4*

Ingredients

4 large unpeeled garlic cloves	½ large cucumber, peeled, grated and squeezed very dry in a clean towel
1 ¼ pounds ground lamb	¼ cup sour cream
½ cup crumbled feta cheese	1 tablespoon minced fresh mint leaves
¾ teaspoon dried oregano	1 teaspoon red or rice wine vinegar
½ teaspoon salt	1 clove garlic, minced
½ teaspoon black pepper	4 large, thin tomato slices
	4 small (4 inch) pita breads

Directions

Set 4 whole garlic cloves in a small skillet over medium-high heat; toast until spotty brown, about 5 minutes. Peel, mince and set aside. Break up lamb in a medium bowl. Sprinkle roasted garlic, feta, oregano, salt and pepper over meat; stir with a fork to combine. Divide into 4 portions. Toss meat back and forth between cupped hands to form a ball. Pat with fingertips to flatten to about 4 inches wide. Refrigerate. Mix cucumber, sour cream, mint, vinegar, 1 minced clove of garlic, and salt and pepper to taste in a small bowl. Refrigerate sauce until ready to serve. Build a hot fire on one side of grill. Replace rack. When coals are covered with white ash, add burgers. Cover and cook,

Recipes for week of January 30, 2015 (dobrien@vsu.edu)

turning only once, until done, about 4 to 5 minutes per side for medium to medium-well burgers. Grill pitas until spotty brown and warm, a minute or so per side. Split crosswise. Spread a couple tablespoons of sauce over 4 pita halves. Top each with an onion slice, a tomato slice and a burger. Spread a portion of the remaining sauce over each burger. Top with remaining pita halves.

Roasted Rack of Lamb *Serves 4*

Ingredients

½ cup fresh bread crumbs	2 tablespoons olive oil
2 tablespoons minced garlic	1 (7 bone) rack of lamb, trimmed and frenched
2 tablespoons chopped fresh rosemary	1 teaspoon salt
1 teaspoon salt	1 teaspoon black pepper
¼ teaspoon black pepper	2 tablespoons olive oil
	1 tablespoon Dijon mustard

Directions

Preheat oven to 450 degrees F (230 degrees C). Move oven rack to the center position. In a large bowl, combine bread crumbs, garlic, rosemary, 1 teaspoon salt and ¼ teaspoon pepper. Toss in 2 tablespoons olive oil to moisten mixture. Set aside. Season the rack all over with salt and pepper. Heat 2 tablespoons olive oil in a large heavy oven proof skillet over high heat. Sear rack of lamb for 1 to 2 minutes on all sides. Set aside for a few minutes. Brush rack of lamb with the mustard. Roll in the bread crumb mixture until evenly coated. Cover the ends of the bones with foil to prevent charring. Arrange the rack bone side down in the skillet. Roast the lamb in preheated oven for 12 to 18 minutes, depending on the degree of doneness you want. With a meat thermometer, take a reading in the center of the meat after 10 to 12 minutes and remove the meat, or let it cook longer, to your taste. Let in rest for 5 to 7 minutes, loosely covered, before carving between the ribs.

Note

Allow internal temperature to 5 to 10 degrees less than you like because the meat will continue to cook while it sits. Bloody rare: 115 to 125 degrees F; Rare: 125 to 130 degrees F; Medium rare: 130 to 140 degrees F; Medium: 140 to 150 degrees F.