



# Grilled Lamb Chops with Mint Sauce

**SERVES 4**

There are many pedestrian streets in Athens lined with tavernas selling grilled meats and souvlaki. If you venture off the beaten path, you'll find quieter places where the pace is much slower, and the food is prepared with a bit more care. At one such place, I had the most delicious mint sauce, made in a mortar and pestle at the table. The colors from the mint and parsley were so vivid as they blended with the fruity olive oil poured from an antique glass bottle. I often make this sauce using a food processor, and it is perfect on any grilled meats or vegetables, including lamb. But if you're feeling particularly authentic, get out the mortar and pestle and watch the magic slowly appear in front of you.

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## INGREDIENTS

### Lamb Chops:

1 rack of lamb (8 chops), about 1 1/2 pounds, ribs frenched

1 tablespoon olive oil

1/2 teaspoon kosher salt

1/2 teaspoon ground black pepper

### Mint Sauce:

1/3 cup olive oil

1 1/2 teaspoons red wine vinegar

1 tablespoon fresh lemon juice

2 garlic cloves, peeled

1 medium shallot, peeled, quartered

1/2 teaspoon kosher salt

1 teaspoon sugar

1/2 teaspoon black pepper

1/4 teaspoon crushed red pepper

1 cup fresh parsley leaves

2 cup fresh mint leaves

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## PROCESS:

### Lamb Chops:

Drizzle the olive oil all over the lamb, and sprinkle with salt and pepper on both sides. Heat a gas or charcoal grill until you can hold your hand over the grate for 5 seconds without getting burned. Place lamb chops on grill and sear for 2 minutes on each side, careful to not overcook. Interior should be pink and medium rare. Remove from grill and place on a platter. Cover with aluminum foil until ready to serve. To serve, spoon a small amount of mint sauce on each chop, leaving remaining sauce set aside for additional serving.



**Mint Sauce:**

Place all ingredients into the bowl of a food processor. Pulse until mixture is just blended, but not smooth. If mixture is too thick, add a bit of water. Can be made 3 hours ahead. Cover, chill.