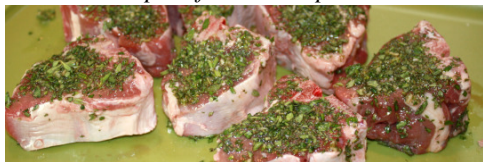


## Grilled Rib Lamb Chops with Herb Rub

Author: Adapted from a recipe in Cook's Illustrated: The Best Recipe, Grilling & Barbecue

Carolyn T's  
Main Cookbook

Servings: 4



### HERB MIXTURE:

2 tablespoons Italian parsley, minced

1 tablespoon fresh rosemary, minced

1 tablespoon fresh sage, minced

1 tablespoon fresh thyme, minced

1 tablespoon fresh oregano, minced

2 tablespoons olive oil

1 whole garlic clove, minced

### LAMB:

2 pounds lamb rib chops

Salt and pepper to taste

Blog: Carolyn T's Blog:

<http://tastingspoons.com>

Your Text Here

Per Serving (excluding unknown items): 847 Calories;  
77g Fat (83.2% calories from fat); 34g Protein; 1g  
Carbohydrate; trace Dietary Fiber; 171mg  
Cholesterol; 132mg Sodium. Exchanges: 0  
Grain(Starch); 0 Vegetable; 1 1/2 Fat.

1. Herbs: Mince all the fresh herbs well, then add garlic and olive oil (just enough to hold the herbs together).
2. Salt and pepper the meat.
3. Apply a teaspoon or so of herbs to both sides of each rib chop. Allow the meat to sit out at room temp for about 30 minutes.
4. Preheat gas grill as follows: heat one burner to high and another burner to medium-low.
5. Rub the grill with a bit of olive oil applied to a paper towel. Place ribs on high heat side for about 2 minutes per side, just until you've achieved nice grill marks.
6. Move chops to the medium-low side and continue grilling for about 7-9 minutes, until done to your preference. For medium-rare, remove at 120. For medium, about 130.
7. Keep chops on a heated plate lightly tented with foil, for about 5 minutes, then serve immediately.