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by ewfood

Sweet Grilled Lamb



Ingredients

2 oz. brown sugar
2 tsp. ground ginger
½ tsp. aniseed or fennel seed
1 tsp. cinnamon
salt & pepper
1 tsp. garlic powder
2 tsp. onion powder
4 lamb chops

Servings

4

Person

Preparation

- 1 Mix the sugar and herbs in a bowl and ensure they are well combined
- 2 rub generously into the lamb chops
- 3 cover the chops in cling film and allow to rest in the refrigerator for at least an hour
- 4 grill for 5 minutes on each side or until desired doneness is reached
- 5 serve with mash or a side salad

Cooks Note

Serves 4
