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by ewfood

BBQ Lamb Chops



Ingredients

4 lamb chops
2 tsp olive oil
2 tsp dried rosemary
Salt and pepper

Preparation

- 1 Trim any excess fat off the lamb as the fat could cause flare ups, but leave just enough fat to enhance the flavour of the lamb.
- 2 Wash the lamb and pat it dry with a paper towel.
- 3 Brush both sides of the lamb with the oil, herbs and season.
- 4 Allow to stand at room temperature for 30 minutes.
- 5 Grill the lamb chops over an open heat.
- 6 Grill 4 minutes on each side.
- 7 Remove from the heat and allow to rest for 5 minutes before serving.

Cooks Note
