Lamb Chops (or Rack) via Morocco with Tomato Sauce and Shallot Relish

Author: Adapted from The Barbecue! Bible by Steven Raichlen



36 ounces lamb chops, approximately

- 1 tablespoon salt, coarse (kosher or sea)
- 1 teaspoon cumin, ground
- 1 teaspoon garlic powder
- 1 teaspoon black pepper, freshly ground
- 4 whole pita bread

MOROCCAN TOMATO SAUCE:

- 2 large tomatoes, ripe (about 1 pound)
- 1 large shallot, peeled or 1/2 small onion
- 3 tablespoons chopped fresh mint, or Italian parsley
- 1 tablespoon fresh lemon juice Salt and freshly ground black pepper, to taste MOROCCAN SHALLOT RELISH:

1/2 cup shallots, chopped

1/2 cup Italian parsley, minced

2 tablespoons extra virgin olive oil

2 tablespoons fresh lemon juice

Per Serving (excluding unknown items): 892 Calories; 62g Fat (62.5% calories from fat); 40g Protein; 43g Carbohydrate; 3g Dietary Fiber; 149mg Cholesterol; 2048mg Sodium. Exchanges: 2 Grain(Starch); 4 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 9 1/2 Fat.

Carolyn T's Tasting Spoons blog:

http://tastingspoons.com

Description: Can be a kind of sandwich with pita, or eat without the bread with the relishes on the side

Notes: Generally an 8-rib lamb rack will feed 2 people with 4 small chops per person. If they're particularly large, maybe more. I cut the 8 ribs into 2-rib chunks because they were small, and knew they would grill better if they were thicker rather than single, thin chops.

- 1. Preheat the grill to high.
- 2. Cut the lamb rack into 2-rib pieces.
- 3. Combine the salt, cumin, garlic powder, and pepper in a small bowl. Season the lamb chops on both sides. If you have extra, place the remaining mixture in tiny bowls for serving and set aside.
- 4. When ready to cook, oil the grill grate. Arrange the ribs on the grill, turning with tongs, until the lamb is cooked to taste, 4 to 6 minutes per side for medium. To be exact, you want it to reach 140° on an instant-read thermometer. Remove chops when they're just barely done, set aside and lightly tent with foil for about 5 minutes.
- 5. You can slice the meat off the bones and fold a pita around the meat, accompanied with a hefty dollop of tomato sauce, a spoonful of relish, and a generous pinch of seasoned salt.

MOROCCAN TOMATO SAUCE/RELISH:

- 1. Cut the tomatoes in half crosswise. Grate the tomatoes through the large holes of a four-sided grater into a shallow bowl.
- 2. Grate in the shallot or onion the same way. Stir in the mint, lemon juice, and salt and pepper and serve immediately. Makes about 1 1/2 cups. MOROCCAN SHALLOT RELISH:
- 1. Combine the shallots, parsley, oil and lemon juice in a mixing bowl and toss to mix.
- 2. Add salt and pepper to taste and more lemon juice if necessary. Best served within 2 hours of preparing. Makes about 1 cup.