

Grilled Lamb Chops with Mango Stir Fry

Ingredients

- olive oil (you're going to need a lot of olive oil)
- 1 tablespoon kosher salt plus 1 1/2 teaspoons
- 1 crown rack of lamb (probably 2-3 lbs)
- 1 bunch of fresh rosemary
- 1 bunch of fresh basil
- 1 red bell pepper
- 1 small yellow onion
- 1 large zucchini
- 2 mangos
- 1/8 cup of sesame seeds
- 1 bunch of celery
- 1 1/2 tablespoons minced garlic (4 cloves)
- 1/4 teaspoon freshly ground black pepper
- 1/3 cup chopped fresh parsley leaves
- 1/4 cup freshly squeezed lemon juice (2 lemons)
- 1/4 cup freshly squeezed orange juice (1 orange)

Preparation

- **Step 1:** Chop the basil and rosemary up pretty finely. Be sure to remove the herbs from the stems before you chop them up. Also chop the garlic or you can buy pre-chopped garlic. Mix the garlic, rosemary, basil, parsley, salt and pepper in a large bowl with about a 1/2 cup of olive oil. Mix well and set aside.
- **Step 2:** Chop the onion, zucchini, red bell pepper, and celery into somewhat uniform chunks
- **Step 3:** Pit and peel the mangos then chop them into roughly the same size chunks as everything else.
- **Step 4:** Take the whole rack and cover it in the oil and herb mixture and let it sit in the bowl for about an hour
- **Step 5:** In a very hot frying pan add a little olive oil, the celery, onion and cook until fairly soft. Then add the red bell peppers and cook until they are soft. Then add the zucchini, lemon juice and orange juice and let it reduce. When most of the orange and lemon juice have reduced add in the mango and turn off the heat. Mix everything very well being careful to not mush the mango. In most things throughout your life it should always be a principle to NEVER mush the mango
- **Step 6:** Warm the grill up...or just a cast iron skillet...or just a skillet. Get something really hot. You want to be sure your grill/cooking surface is very hot because you just want to get a quick sear. Lamb chops should be rare ...you can eat lamb well done but you can also eat your shoe...we suggest you eat the rare lamb.

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- **Step 7:** Once the grill is sizzling hot place the lamb chops on the grill for roughly 3-4 minutes each side.
- **Step 8:** Let rest for 5-8 minutes
- **Step 9:** Cut the rack into single bone portions. Just carefully slice the lamb between the bones you will definitely need a sharp knife.
- **Step 10:** Serve on top of the mango mixture