

Herb Seared Lamb Chops

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 thyme
- 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)

Preparation

- **Step 1:** Cut the rack into single bone portions. Just carefully slice the lamb between the bones you will definitely need a sharp knife or if you ask the grocers butcher nicely they may do it for you.
- **Step 2:** Meanwhile, chop the thyme and rosemary up pretty finely. Be sure to remove the herbs from the stems before you chop them up. Also chop the garlic or just buy pre-chopped garlic. Mix the garlic, rosemary, thyme, parsley, lemon juice salt and pepper in a large bowl with about a 1/2 cup of olive oil. Mix well and set aside.
- **Step 3:** Take the lamb chops and place them into the oil and herb mixture cover and let sit at room temperature for about an hour
- **Step 4:** 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.
- **Step 5:** Once the grill is sizzling hot place the lamb chops on the grill for roughly 3-4 minutes each side.
- **Step 6:** Let rest for 5-8 minutes then serve.