



Grilled Lemongrass Lamb Chops with Herbs



Gluten Free



Dairy Free

READY IN



780 min.

SERVINGS



6

CALORIES



124 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon ground pepper
- ☐ 1.5 teaspoons cumin seeds cooled toasted
- ☐ 0.5 cup basil fresh
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 1.5 tablespoons ginger fresh peeled chopped
- ☐ 0.3 cup mint leaves fresh
- ☐ 4 garlic clove chopped
- ☐ 7.5 inch to lamb shoulder blade chops with wooden picks ()

- ☐ 3 lemon grass fresh ends trimmed
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.3 teaspoon lime zest fresh finely grated
- ☐ 1 teaspoon salt
- ☐ 0.5 cup shallots chopped
- ☐ 1.5 tablespoons sugar
- ☐ 0.5 teaspoon turmeric
- ☐ 0.3 cup vegetable oil
- ☐ 3 tablespoons water

Equipment

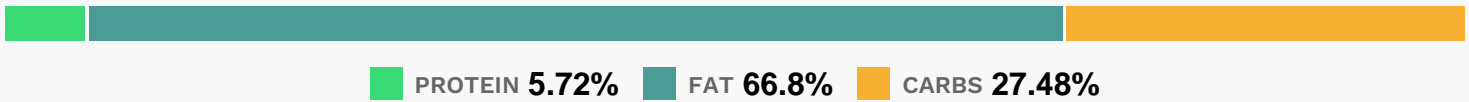
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ grill
- ☐ aluminum foil
- ☐ spatula
- ☐ mortar and pestle

Directions

- ☐ Finely grind cumin seeds in an electric coffee/spice grinder or with a mortar and pestle.
- ☐ Thinly slice bottom 6 inches of lemongrass, discarding remainder. Purée lemongrass, shallots, garlic, ginger, cumin, sugar, salt, turmeric, cayenne, and water in a food processor, scraping down side occasionally, until as smooth as possible, about 2 minutes. (Paste will not be completely smooth.)
- ☐ Heat 3 tablespoons oil in a 10-inch heavy skillet over moderate heat until hot but not smoking.

- ☐ Add lemongrass paste, then reduce heat to moderately low and cook, stirring constantly, until paste begins to stick to bottom of skillet and is very thick, 8 to 12 minutes.
- ☐ Transfer paste to a bowl and cool to room temperature, about 10 minutes.
- ☐ Pat lamb chops dry and rub lemongrass paste all over them, then arrange in 1 layer in a 13- by 9-inch dish. Marinate, covered and chilled, at least 12 and up to 24 hours.
- ☐ Prepare grill for cooking over direct heat with medium-hot charcoal.
- ☐ Grill lamb on a lightly oiled grill rack, covered only if using a gas grill, loosening lamb from grill with a metal spatula, turning over occasionally, and moving around on grill when flare-ups occur, 9 to 11 minutes total for medium-rare. (Some of lemongrass paste will fall off.)
- ☐ Transfer chops to a platter and let stand, loosely covered with foil, 10 minutes. Discard wooden picks.
- ☐ Whisk together lime zest and juice, remaining 1/4 cup oil, and salt and pepper to taste. Spoon over chops and sprinkle with herbs.
- ☐ If you aren't able to grill outdoors, preheat an oiled shallow heavy baking pan 5 minutes in lower third of a 450°F oven.
- ☐ Add chops and roast until undersides are golden, about 15 minutes, then turn over and roast 5 to 6 minutes more for medium-rare.

Nutrition Facts



Properties

Glycemic Index:53.52, Glycemic Load:3.16, Inflammation Score:-8, Nutrition Score:4.6765217573746%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 124.17kcal (6.21%), Fat: 9.57g (14.73%), Saturated Fat: 1.52g (9.49%), Carbohydrates: 8.86g (2.95%), Net Carbohydrates: 7.83g (2.85%), Sugar: 4.68g (5.2%), Cholesterol: 2.7mg (0.9%), Sodium: 395.11mg (17.18%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 1.85g (3.69%), Vitamin K: 27.4µg (26.09%), Manganese: 0.31mg (15.35%), Iron: 1.15mg (6.4%), Vitamin B6: 0.13mg (6.35%), Vitamin E: 0.84mg (5.61%), Vitamin A: 273.57IU (5.47%), Vitamin C: 4.41mg (5.34%), Potassium: 148.47mg (4.24%), Fiber: 1.03g (4.12%), Magnesium: 13.24mg (3.31%), Folate: 13.2µg (3.3%), Phosphorus: 31.89mg (3.19%), Copper: 0.06mg (3.14%), Calcium: 27.73mg (2.77%), Zinc: 0.41mg (2.71%), Vitamin B2: 0.03mg (2.05%), Vitamin B1: 0.03mg (1.94%), Vitamin B3: 0.38mg (1.88%), Vitamin B12: 0.1µg (1.69%), Selenium: 0.97µg (1.38%), Vitamin B5: 0.12mg (1.23%)