

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.