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### Grilled Lamb Chops Apricot Chutney English Peas



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SERVES 6

#### Lamb Loin Chops

##### INGREDIENTS:

- 6 each lamb loin chops
- Vegetable oil spray
- Kosher salt
- Apricot Chutney (see following recipe)
- Minted English Peas (see following recipe)
- Coarse finishing salt (such as sel gris)
- 6 each cilantro or mint sprigs

##### METHOD:

1. Remove loin chops from packaging and pat dry with paper towels.
2. Use a sharp knife to trim exterior fat to approximately 3/16" thick.
3. Tie a piece of butcher's twine around the circumference of the chop to help secure "flap" to the meat.
4. Stand chops upright with bone on bottom and allow to temper at least a half hour before cooking. Ensure chops do not touch in order for meat to dry as it tempers.
5. Light or preheat grill (or broiler). If using coals, set them about 4-5" from grill grid. If using a broiler, set oven rack same distance from the top of the oven. If using a gas grill, use medium-high to high heat.
6. Pat chops dry one more time then season each side with kosher salt. Lightly mist meat with vegetable oil spray.
7. Grill / broil chops for about 3½ minutes each side for rare. Add about 30 seconds per side for each increasing temperature gradient (medium-rare, medium, medium-well and well done). We recommend cooking to medium-rare. As all grills and broilers differ, cooking times may vary. Practice will lead to repeatable results.
8. Allow chops to rest in a warm area after grilling for at least 7 minutes prior to serving.
9. Sprinkle chops with a few grains of finishing salt and garnish with mint or cilantro sprigs.
10. Serve accompanied with Apricot Chutney and Minted English Peas.

#### Apricot Chutney

##### INGREDIENTS:

- 10 grams / 1 tablespoon canola oil
- 50 grams / 1/3 cup red onion, ¼" dice
- 50 grams / 1/3 cup red bell pepper, ¼" dice
- 10 grams / 1 tablespoon ginger, minced
- 300 grams / 1 cup apricot preserves (suggest a lower sugar variety)
- 5 grams / 2 teaspoons curry powder
- 1/8 teaspoon cayenne pepper (this may be omitted or increased to taste)
- 1 each lime, zested using a Microplane and juiced

Note: For best results, we recommend that this recipe be completed one day prior to serving to allow flavor development. If desired, this recipe can be completed and served in one day.

##### METHOD:

1. Heat a small sauce pot over medium-low heat.
2. Add canola oil followed by onions and peppers.
3. Gently sweat vegetables until slightly soft and raw elements are cooked out.
4. Add apricot preserves.
5. Once preserves come to a simmer, stir in all remaining ingredients and remove from heat.
6. If serving immediately, allow to cool to room temperature. If not serving immediately, store in refrigerator overnight and allow to temper prior to serving next day.

#### Minted English Peas

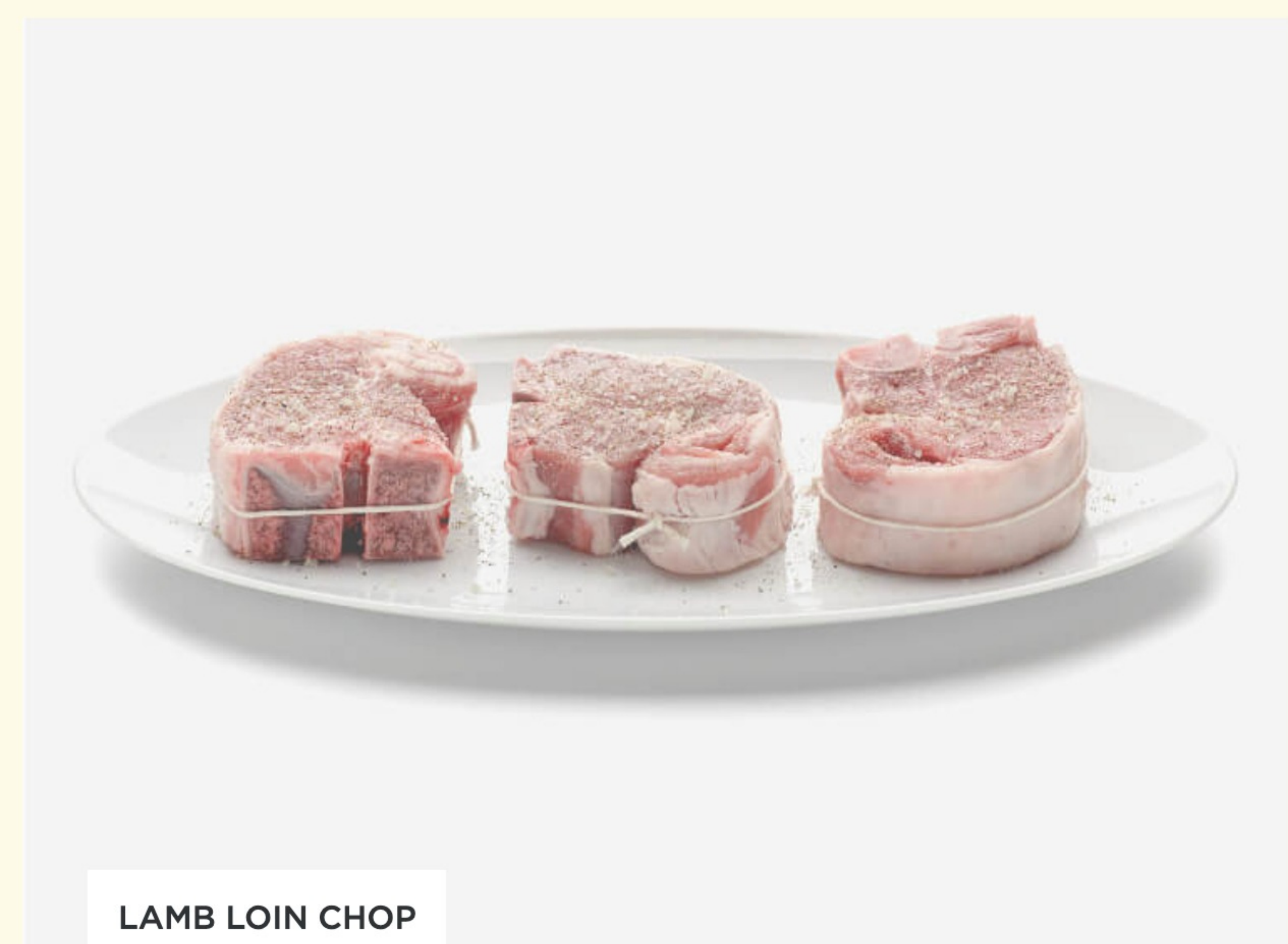
##### INGREDIENTS:

- 30 grams / 1 ounce butter
- 60 grams / ½ cup onion, finely chopped
- 7 grams / 2 teaspoons kosher salt
- 30 grams / scant ¼ cup flour
- 340 grams / 1½ cups milk, warm
- 450 grams / 1 pound English peas, blanched (preferably fresh, but quality frozen peas may be substituted)
- 10 grams / ½ cup mint leaves, stems removed, moderately chopped
- 1 each lime, zested using a Microplane

##### METHOD:

1. Heat a 3-to-4-quart sauce pot over medium-low heat.
2. Add the butter.
3. Once butter has melted, add onions and salt.
4. Gently sweat onions until translucent and soft.
5. Stir in flour, reduce heat and cook, stirring frequently for about 30 seconds.
6. Slowly stream warm milk into sauce pot while continuously whisking until sauce thickens.
7. Scrape down sides of pot with a rubber spatula, cover with a lid and reduce heat as low as possible. Whisk frequently to prevent scorching on the bottom of the pot and continue to cook until the raw flour has subsided – about 15 minutes.
8. While the sauce is cooking, heat English peas in a steamer or microwave.
9. Drain peas well and gently stir into sauce.
10. Just before serving, stir in grated lime zest and chopped mint.

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LAMB LOIN CHOP



PEAS