

Herbed Rack of Lamb with Lemon Quinoa and Fried Shallots

Serves 5-6

Lamb

- ¼ cup chopped fresh rosemary
- 6 cloves of garlic, minced
- 2 teaspoons olive oil
- 1 ½ teaspoons ground all spice
- 2 ¼ teaspoons sea salt
- 1 ½ teaspoons freshly ground black pepper
- 2 racks of lamb, about 16 ribs

Quinoa

- 3 cups low-sodium chicken stock
- 1 ½ cups quinoa
- 1 teaspoon sea salt
- 2 tablespoons butter
- zest of 1 lemon
- 1 tablespoon lemon juice
- 3 tablespoons fresh chives, roughly chopped

Shallots

- 2-3 shallots
- vegetable oil for frying



For the Lamb - Combine the rosemary, garlic, olive oil, all spice, sea salt, and pepper. Set aside. Trim off the outside fat from the rack of lamb. Do not worry about removing every single bit.

Rub the meat with dry marinade. (For more flavor, let the lamb marinade for 2-6 hours.)

Preheat grill to medium-high heat. (This would be a good time to start cooking the quinoa and fried shallots.)

If the tips of lamb chops are scraped, cover the exposed tips with aluminum foil so they do not burn. Place the lamb on the rack, grill, turning



once, about 15-20 minutes, or until meat thermometer registers 135° for medium rare. Remove from heat and let rest for 8-10 minutes.

For the Lemon-Quinoa – In a medium saucepan, bring the chicken stock, quinoa, and salt to a boil. Turn the heat to low, cover, and cook for about 10-15 minutes or until all the liquid has evaporated.

Add the butter, lemon zest, lemon juice, and chopped chives. Stir gently to combine. Keep warm.

For the Shallots – Peel and slice shallots as thinly as possible, using a mandolin or sharp knife. Break apart the slices so you get individual rings.

Pour oil into a small frying pan (cast iron works great!) to a depth of 1" and heat over medium-high heat. Working in batches, add the shallots to the hot oil and fry, stirring constantly, until golden brown, about 1-2 minutes. Drain on paper towels.

To serve, cut the ribs into individual chops. Serve with lemon quinoa, garnished with fried shallots and your favorite vegetables or side salad.

Wine Pairing – Villa del Monte 2010 Malbec, Paicines Pedregal Vinyard or Villa del Monte 2010 Cabernet Sauvignon, Santa Cruz Mountains, LindHill Vineyard