

GRILLED LAMB CHOPS WITH SUMMER RATATOUILLE

Serves 4-6

LYNMAR ESTATE • CHEF DAVID FRAKES

Ingredients

RATATOUILLE

- 1 lg. red bell pepper, halved and seeded
- 1 lg. yellow bell pepper, halved and seeded
- 1 med. eggplant, peeled and sliced into ¼" rounds
- 1 lg. green zucchini, sliced into ¼" rounds
- 1 lg. yellow zucchini, sliced into ¼" rounds
- 1 lg. tomato
- 1 lg. red onion
- ½ tbsp. garlic
- 2 tsp. fresh thyme
- extra virgin olive oil, as needed
- salt & pepper, as needed

LAMB CHOPS

- 8 ea. lamb loin chops or rib chops, Frenched (trimmed of fat)
- 6 cloves garlic, thinly sliced
- 2 tbsp. fresh marjoram or oregano, chopped
- 1 tbsp. fresh sage, chopped
- 3 ea. bay leaves
- 3 tbsp. corn oil
- coarse salt and freshly cracked black pepper

Directions (part 1)

Place a small pot of water on the stove to boil. Preheat oven to 500°F.

Cut peppers in half, remove seeds and toss with a little olive oil, salt, and pepper. Place peppers skin side up on a baking sheet and roast in oven for about 15 minutes; until skins have begun to blister. Remove from oven and set aside to cool.

While peppers are roasting, toss eggplant with ½ tsp. salt in a medium-sized bowl. In a second bowl, toss zucchini with ½ tsp. salt as well.

Place tomato in boiling water for 10-15 seconds, until skin starts to peel back slightly. Remove from water and allow time to cool.

Mince red onion and garlic. Chop thyme. Set aside.

Once peppers and tomatoes have cooled, remove their skins and cut into ¼-inch dice. Set aside.

Recipe continues...



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After eggplant and zucchini have completed their salting process, transfer slices to a baking sheet lined with paper towel and cover the slices with additional paper towel. Firmly blot each slice to remove as much liquid as possible. Slice each round into ¼-inch pieces, and transfer to small bowls—still keeping each vegetable separate.

Refresh paper towel on baking sheet. Warm 1-2 tbsp. of olive oil in a large, heavy pot—such as a Dutch oven. Add eggplant and sauté over medium heat, stirring frequently until it becomes golden in color. Taste for seasoning. Transfer to the towel-lined sheet.

Next, add another tablespoon of olive oil if needed and sauté zucchini for 5-7 minutes over medium heat, until just tender. Taste for seasoning. Transfer to same baking sheet.

Sauté onions and garlic—adding additional oil if needed—and cook for 5-7 minutes, until onions have softened and become translucent. Add chopped tomato and thyme and cook for 1-2 more minutes—until tomatoes begin to release their juices.

At this time, add the peppers, eggplant, and zucchini back to pot and cook another 2-3 minutes. Stir gently to warm and combine, taking care to not mash vegetables.

Check the overall seasoning and adjust as desired. Ratatouille can be kept covered and refrigerated for 2 days.

Directions (part 2)

Stir to combine garlic, herbs and oil. Season each chop with salt and pepper and rub generously with herb mixture. Place in a plastic bag or covered bowl and refrigerate for 4-6 hours, overnight if possible.

When ready to grill, remove lamb from refrigerator and allow meat to come to room temperature. Remove large pieces of garlic and herbs.

Preheat grill. Grill lamb over medium-high flame for about 4 minutes per side, turning just once. Thickest part of chop should read 125°F to 130°F for medium rare. Transfer to a platter and allow chops to rest for 5 minutes

