

LAMB CHOPS with FIG REDUCTION SAUCE

Serves 4.

By Dennis W. Viau; an original recipe.

The lamb chops are cut from a rack of lamb and grilled to medium-rare perfection. The sauce is made with figs and sweetened with minced dates. Together, they make an excellent meal. The idea was inspired by a roast leg of lamb recipe. I liked the idea of rack of lamb better.



Ingredients:

½ teaspoon fresh thyme leaves
½ teaspoon chopped fresh rosemary
½ teaspoon chopped fresh sage
5 to 6 dried figs, sliced
4 to 5 dates, minced
1 to 2 cloves garlic, minced
1 rack of lamb (8 ribs) about 1½ pounds (680g)
Salt and pepper
2 cups (474ml) chicken stock
½ cup (118ml) bourbon
2 to 3 cloves garlic
Oil for grilling/frying such as peanut oil or safflower oil

Directions:

If not already done, pluck the leaves from the thyme sprigs and the rosemary sprigs, discarding the stalks. Mince the rosemary and sage. Slice the figs and mince the dates.

Divide the rack of lamb into chops of two ribs each. Trim off the excess fat and then season the meat with salt and pepper. Set aside.

Pour the stock and bourbon into a large skillet and add the herbs, figs, dates, and garlic. Heat to boiling, lower the heat to medium-low and simmer to reduce the liquid by at least half. Taste and adjust for salt and pepper. Set aside.

Heat a stove top grill and oil well. Place the chops on the grill. If you like to see well-defined bar marks on you chops, do not move them until it is time to turn them over. Cook, turning once, to an internal temperature of 125°F (52°C) for medium-rare, or to a higher temperature to the level doneness you prefer.

Plate the chops with your favorite vegetables. Spoon fig sauce over the meat and serve.

The **Step By Step** guide begins on the following page.

STEP-BY-STEP

1



For this dish I chose fresh sage, thyme, and rosemary. Pull the leaves from the thyme and rosemary sprigs, discarding the stems. Chop the sage and rosemary well. The thyme leaves can be used whole.

2



Cut the rack of lamb into chops of two ribs each. Using thicker chops will help protect the meat from overcooking. Thin chops will cook more quickly.

3



If you prefer, you can trim some of the fat off the chops. I prefer them trimmed.

4



Season the chops on both sides with salt and pepper. (I selected a rack that I thought had eight ribs. There were nine. When something happens like this, I call it “chef’s reward.” That’s my treat.)

5



Slice the figs into wedges. I think this dish benefits from the dates being identifiable in the sauce.

6



The dates can be chopped well, as their main purpose is to add sweetness to the sauce.

7



Pour the stock and bourbon into a large skillet.

8



Add the figs, dates, herbs and garlic.

9



Heat the mixture to boiling and then lower the heat to medium-low. Simmer to reduce the liquid by at least half. More reduction will concentrate the flavor. When done, taste and adjust for salt.

10



Heat a stove top grill and oil with a high-temperature cooking oil, such as peanut oil or safflower oil. Cook the chops to the desired level of doneness.



Plate the chops with your favorite vegetables. Spoon plenty of the fig reduction sauce over the meat and serve.

Conclusion

This is not a difficult dish to make and it is a good introduction to the exotic flavor of lamb.