

Cool Cucumber Mint Salad with Grilled Loin Lamb Chops

Chef Judi Gallagher

www.judigallagher.com

3 loin lamb chops
1 clove garlic minced
Fresh ground black pepper
Extra virgin olive oil
Minced flat leaf parsley
Sprinkle of Montreal steak seasoning
Sprinkle with dried oregano, about ½ teaspoon

Rub olive oil on lamb chops and season with garlic, kosher salt, ground fresh black pepper, Montréal seasoning, parsley and oregano. Let rest at room temperature for 15 minutes

3 large English cucumbers
1/2 cup chopped fresh mint
¼ cup chopped fresh parsley
Grated orange rind from one large orange
½ cup olive oil
1 cup high quality red wine vinegar
¼ cup granulated sugar
¼ red onion sliced thin

** (optional garnish) 3 Tablespoons pine nuts
½ cup crumbled feta cheese

Peel cucumbers and remove seeds. Slice and place in a bowl. Zest a full orange and toss with chopped mint leaves and chopped parsley

In a separate bowl, mix olive oil, red wine vinegar and sugar. Pour over cucumbers, toss and chill overnight.

Add sliced red onion 1 hour before serving.

Grill lamb chops to medium rare and let rest for 10 minutes. On a large serving plate, place a cup of marinated cucumber salad, drained. Place lamb chops on outer edge of cucumber salad and garnish with a sprinkle of pine nuts and feta cheese-