

# Grilled Lamb Lollipops with Fresh Mint Sauce

a recipe from [www.maureenabood.com](http://www.maureenabood.com)

*These little lollipop chops are incredibly succulent, which is why I take a purist approach to seasoning. I want the flavor of the lamb to shine through and I find marinades just distract. I like to cook the rack already cut into chops to give the salty char flavor to more of the surface area of the chop. You will thank me and mother nature once you try the fresh mint sauce. There's simply not a better pairing for lamb, and once you've tried this, there will be no going back to mint jelly, or any other condiment for your lamb. I usually figure one rack of lamb for two people, especially if the racks are small.*

1 rack of lamb, Frenched, trimmed, and chine bone removed

1 garlic clove, peeled and sliced in half

Kosher salt and freshly ground black pepper

1 tablespoon sugar

3 tablespoons red wine, champagne, or white wine vinegar

1 cup mint leaves, finely chopped

Pinch of sea salt

Prepare the lamb by slicing it into chops about 1" thick. Rub the garlic clove halves with the cut side all over the chops. Season liberally with salt and pepper on all sides of the chops. Let the meat rest until it comes to room temperature.

Make the mint sauce by dissolving the sugar in the vinegar, then stir in the mint. Season to taste with a pinch of sea salt. The flavors meld the longer this sauce has to rest the day you are eating it.

Heat the grill to medium. Get your watch ready and use it to time this in order to cook the little chops to medium rare. Lay the chops on the hot grill and cook, with the grill top off, for 1 minute. Turn the meat over and cook for one more minute. Turn the chops and press the fatty areas against the grill and near the fire if possible to cook and melt the fat a bit.

Serve immediately with the mint sauce.