

# Grilled Lamb Chops with Mustard Glaze

## Description

Lamb chops with mustard glaze combines a hint of Parmegiano-Reggiano cheese with mustard, olive oil and some garlic for a delicious and savory grilled lamb chop flavor.

## Ingredients

### Lamb Chops

- 4 loin lamb chops, about 4 oz each
- 2 tbsps italian parsley, finely chopped
- 2 tbsps fresh parmigiano-reggiano cheese, grated

### Mustard Glaze

- 1/4 cup dijon mustard
- 1/4 cup extra virgin olive oil
- 1/4 cup fresh parmigiano-reggiano cheese, grated
- 1 clove garlic, minced
- 1/2 tsp kosher salt
- 1/4 tsp fresh ground black pepper

## Instructions

### Mustard Glaze

Mix the Dijon mustard, olive oil, Parmigiano-Reggiano cheese, Kosher salt, garlic and fresh ground black pepper together in a medium sized bowl.

Brush the lamb chops on both sides with the glaze. Allow to sit at room temperature for 30 minutes before grilling.

### Parsley Garnish

In a small bowl, mix the chopped Italian parsley and the Parmigiano-Reggiano cheese together. Set aside.

### Lamb Chops

Grill the lamb chops over direct heat (two-zone fire) with the lid closed as much as possible. Grill until lightly charred on the surface, about 8



## Summary

**Yield:** 4

**Source:** Adapted from Weber's Charcoal Grilling

**Prep Time:** 45 minutes

**Category:** Grill

**Cuisine:** American

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to 10 minutes for medium-rare. Turn once or twice and swap their positions as needed for even cooking.

To serve, sprinkle the parsley and Parmigiano cheese mixture over the top of each lamb chop.

### Notes

Weber recommends a two-zone fire technique for grilling. This is where you move the coals over to one side after they're ready. This provides a direct-heat zone on one side of your grill, and an indirect-heat zone on the other side. Then, if flare-ups occur, you can move the lamb chops temporarily over to the indirect-heat zone.