

Grilled Lamb Chops / Olive & Sundried Tomato Crust / Calaloo Risotto

Ingredients:

6 each lamb chops – French trimmed
Salt & black pepper to taste
Olive oil for grilling

Season the lamb chops and brush with olive oil.

Grill for one minute on each side and remove.

Olive & Sun-dried Tomato Crust

2 tbsp kalamata olives
1 tbsp sundried tomatoes (soaked)
1 clove garlic
2 tbsp scallion – chopped
1 tbsp chopped fresh thyme
½ cup goat cheese

Blend all ingredients in the food processor.

Place on top of the grilled lamb chops and finish back on the grill or in the oven – about 2 minutes for medium rare up to 5 minutes for well-done.

Risotto

2 tbsp extra virgin olive oil
½ small onion, chopped
2 cloves garlic – finely chopped
1 cup Arborio rice
1 cup dry white wine
Approximately 3 – 4 cups chicken stock
1 cup chopped calaloo (Callaloo is a popular green leafy vegetable that is a local staple for Jamaican dishes. If your local groceries do not carry callaloo, please use spinach as a substitute.)
2 tbsp salted butter
2 heaped tablespoons freshly grated parmesan cheese
Salt & black pepper from the grinder
2 tbsp flat leaf parsley - chopped

Method

In a heavy saucepan heat olive oil.

Add the onion and garlic and sauté for about 1 minute.

Add rice and sauté for 2 minutes.

Add white wine and simmer for 2 minutes.

Add boiling chicken stock (1 ladle at the time) and bring to a boil.

Stir continuously until all liquid is absorbed.

Keep adding small amounts of chicken stock until the rice is almost done.

Add chopped callaloo.

Continue cooking until the rice is done.

Fold in butter and parmesan cheese and adjust seasoning with salt and black pepper

Herb Oil

¼ cup fresh basil leaves

¼ cup fresh parsley

Juice of 1 lime

Zest of 1 lime

Salt and black pepper to taste

¼ cup olive oil

Blend all ingredients until smooth

To serve:

Place risotto in a deep plate

Add lamb chops

Finish with herb oil

Garnish with fresh microgreens / cherry tomatoes / arugula – optional