



Barbecued chipotle double-chop lollipops

SERVES 4 PREP 10 mins COOK 25 mins EASY

These double chops are great on the barbecue because their thickness allows you to get a deep char on the outside while still keeping the meat pink and juicy in the middle. A butcher should be able to cut the chops for you, or buy a rack of lamb and cut your own chops between every two bones.

Barney Desmazery

3 garlic cloves
1 lime, juiced
1 tsp dried oregano
1 tbsp chipotle paste
1 tbsp olive oil
8 double-boned lamb cutlets cut from the rack, see tip

1 Use a pestle and mortar to mash the garlic with a pinch of salt, then tip into a bowl. Mix in half the lime juice, the oregano, chipotle paste and olive oil to make a thick marinade. Put the lamb in a plastic container and rub the marinade all over the meat using your hands. Cover and leave at room temperature for at least 30 mins or chill for up to 24 hrs.

2 Up to an hour before serving, make the salsa. Tip all the ingredients into a mini chopper with the remaining lime juice and a pinch of salt, and pulse to a chunky but saucy texture. Alternatively, chop the veg by hand and stir in the lime juice and oil.

For the salsa

1 large bunch of coriander, roughly chopped
1 small onion, chopped
1 large tomato, chopped
1 green chilli, chopped
1 tbsp olive oil

3 To cook the lamb, heat the barbecue and when the coals are ashen and the heat isn't too fierce, barbecue the cutlets for 5 mins on their meatier sides, then use tongs to turn and sizzle the fat side for a minute until golden and lightly charred all over. Alternatively, sear on a griddle pan over a medium heat for the same amount of time. If you have a meat thermometer, pink lamb will read 55C and lamb cooked through will read 60C. Pile onto a platter with a bowl of the salsa on the side for spooning over.

GOOD TO KNOW vit c • 1 of 5-a-day • gluten free
PER SERVING 441 kcals • fat 36g • saturates 15g
• carbs 4g • sugars 3g • fibre 2g • protein 26g • salt 0.3g



BARNEY DESMAZERY

Barney is BBC Good Food's skills & shows editor. He has worked as a chef in London, France and Australia, and is a pro at adapting restaurant recipes to make at home.
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