



# Grilled Lamb Chop W/ Yellow Grits and Apple Slaw

Chef Markus Carter

## INGREDIENTS

### For Lamb

- 2 pounds lamb loin or rib chops thick cut
- 4 cloves garlic minced
- 1 tablespoon fresh rosemary chopped
- 1 1/4 teaspoon kosher salt
- 1/2 teaspoon ground black pepper
- zest of 1 lemon
- 1/4 cup olive oil

### For Grits

- 2 cups vegetable broth
- 1 cup of almond milk plain
- 1 cup of water
- 1/2 teaspoon garlic powder
- 1/4 cup nutritional yeast

## METHOD

### For the lamb

Combine the garlic, rosemary, salt, pepper, lemon zest and olive oil in a measuring cup. This will be the marinade for the lamb chops. Pour the marinade over the lamb chops, making sure to flip them over to cover them completely. Cover the dish with plastic wrap, and marinate the chops in the fridge for as little as 1 hour, or as long as overnight. The longer they can sit, the better!

When you're ready to grill these up, heat your grill to medium-high heat. You want to get these beautifully seared. Grill the lamb chops for 7-10 minutes, or until they reach an internal temperature of 135 degrees F (use a meat thermometer), then it's time to take them off. At that point, they'll be about medium, which is how I like them. You definitely don't want to cook these well done. There's nothing worse than a dried out, over-cooked lamb chop.

---

## INGREDIENTS

- 1 cup yellow coarse corn grits ( you can use a polenta but I don't recommend a premade one)
- 1/4 cup vegan butter
- Optional: 1/2 cup vegan cheddar cheese shreds

### For Slaw

- 3 Tablespoons extra virgin olive oil
- 1 Tablespoon honey
- 1 1/2 teaspoons Dijon mustard
- 1 1/2 teaspoons apple cider vinegar
- 1/4 teaspoon celery seed

---

## METHOD

### For the Almond Milk Yellow Grits

In a medium sized pot, bring vegetable broth, water ,almond milk , garlic powder and nutritional yeast to a boil.

Add grits slowly and whisk it in to prevent clumps. Cook uncovered over low-medium heat, stirring frequently, for about 20 minutes until thick and creamy.

Remove from heat and stir in vegan butter and optional cheese until melted. Add salt to taste as desired.

### For the Apple Kale Slaw

Combine dressing ingredients in a small jar with a lid. Shake to thoroughly combine.

Toss kale, apples, carrots and honey mustard dressing in a large serving bowl.

Place grits on to plate first then lamb and top with a small hand full of the slaw

### Tips

- Slaw can be made 1-2 days in advance
  - Grits are best fresh but if reheating add 1-2 teaspoons of water or almond milk to rehydrate (if grits are dry apply this method to bring back to personal preference).
- 