



MEAT

BBQ LAMB CUTLETS

with Salsa Verde

INGREDIENTS

8 Frenched Lamb Cutlets
100ml Olive Oil

Salsa Verde:

1 Slice Of Thick Stale Bread
300ml Olive Oil
2 Cloves Garlic
1 tbsp Capers
2 Anchovies (Chopped)
1 tbsp Lemon Juice
½ Bunch Chopped Parsley
½ Bunch Chopped Mint
½ Bunch Chopped Coriander
Salt and Pepper

Equipment:

BBQ on hot
Chopping Board
Chef's knife
Bowl or tray for basting
Food Processor
Pastry Brush

METHOD

1. To make Salsa Verde, moisten bread with a little olive oil and combine in food processor with garlic, capers, anchovies and lemon juice. Add chopped parsley to mix and season. Ensure there is an amount of Olive Oil on top to prevent the mix oxidizing. (Set aside)
2. Heat BBQ on high for 10 minutes
3. Add lamb to basting tray and drizzle with salsa verde oil and season well with salt and pepper on all sides.
4. Turn BBQ down to about ½ and cook on the first side for 1½ minutes.
5. With the raw side still up turn cutlets to form a crisscross on the surface
6. When you see the lamb start to “sweat” blood droplets, turn over and seal for a further 1 minute. Take lamb off to rest for 4 minutes.
7. To serve add the lamb cutlets back to the BBQ for 30 seconds per side and place on a serving tray.
8. Add a scoop of salsa verde to the lamb and serve at once.



Preparation time: 20 minutes

Cooking time: 5 minutes

Serves: 2

TERMS USED IN THIS RECIPE

Frenched - Fat cleaned back from the bones - assists in presentation plus assists in reducing fat from burning

Sweat - also called beading or pearling - where the heat of the meat cooking from underneath has come to the surface and is ready to turn.

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