

INGREDIENTS:

- 2 tbsp ghee (or olive oil)
- 1 tbsp mustard seed
- 1 tbsp coriander seed, crushed
- 1 clove garlic, chopped
- ½ bulb fennel, sliced
- 1 small red onion, sliced
- 1 small "champagne" mango, peeled and diced ½" cubes
- ½ cup crushed tomato
- 2 tbsp tamarind concentrate
- ¼ tsp ground ginger
- ¼ cup almonds, chopped
- 1 cup (or more) water
- ¼ cup fresh cilantro, chopped
- Kosher salt, to taste
- Freshly ground black pepper, to taste
- Olive oil
- 1 tbsp ground coriander
- 2 half racks lamb, cut into 16 chops

TOTAL TIME: 45 mins

SERVES: 4



Lamb Chops with Fennel & Mango Chutney

- 1 Over low heat, add the ghee to a warm 10" pan with a cover. Add the mustard, coriander, and garlic. Quickly toast for 30 seconds making sure not to burn them.
- 2 Add the fennel and onion and cover the pan. Turn the heat to medium. Cook for 10-15 minutes.
- 3 Uncover the pan and add the mango, tomato, tamarind, ginger, and almonds. Cook for 5 minutes. Add the water, cover and cook for 10 additional minutes. After that the mixture should be soft but pieces still visible. Season with salt and black pepper and set aside. When cooled, add the chopped cilantro.
- 4 Preheat a grill, plancha, or iron skillet to cook the lamb. Season the chops with a light brush of olive oil, salt, and ground coriander. Grill the chops for 1 minute each side and allow to rest for 10 minutes.
- 5 If needed, flash the chops under the broiler or back on the grill to reheat. Serve the chutney at room temperature on the side.