

Lamb Steaks with Rosemary



Serves 4

Ingredients:

2 cloves of garlic crushed
4 (225g/8oz) lamb steaks
4 tablespoons olive oil
3 rosemary sprigs chopped
salt & freshly ground black pepper
rosemary sprigs to garnish

Method:

Rub the garlic into the steaks and place in a shallow ovenproof dish. Cover with the oil and leave to marinate for at least 24 hours, covered. Heat a grill to very hot. Sprinkle the steaks with the rosemary and seasoning to taste. Grill quickly on both sides for 6-8 minutes, or until the meat is brown on the outside but barely pink inside. Serve at once garnished with rosemary sprigs and accompany with new potatoes and a cucumber and radish salad.

Variation: Lamb Steaks with Mint

Lamb is also delicious marinated in a mint mixture. Combine 1 tablespoon white wine vinegar with 6 tablespoons natural yogurt and 4 tablespoons finely chopped mint. Season to taste and use to marinate the lamb steaks. Cook as above.

Hint: Instead of getting the shoulder boned and rolled try getting it cut into steaks.

Your Notes



You've got **GREAT** taste!

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