

# RECIPES

*"Brought to you by the Chefs at Cancer Treatment Centers of America"*

## Grilled Lamb Chops Scottaditi With Broccoli Rabe Pesto

### Number of Servings

4

### Ingredients

Zest of 3 lemons

¼ cup finely chopped mint, plus 4 whole sprigs

1-tablespoon sugar

Kosher salt and freshly ground black pepper

24 lamb rib chops, about 4 pounds

1 bunch broccoli rabe

4 garlic cloves, sliced

2 tablespoons capers, rinsed and drained

1 tablespoon Dijon mustard

2 anchovy fillets, soaked in milk for 20 minutes and rinsed

1 cup brown chicken stock

¾ cup extra -virgin olive oil

1-cup goat milk yogurt, preferably Coach Farm brand

1-tablespoon cumin seeds, toasted in a 400°F. oven for 5 minutes and finely ground

¼ cup roasted red pepper jus

1-cup parsley oil

### Method

1. In the bowl of a food processor, combine the zest of 2 of the lemons (reserving the rest for garnish), the chopped mint, sugar, and 1 teaspoon each of salt and pepper. Process until the mixture has the texture of coarse sand. Rub each chop well with a small amount of the mixture, cover the chops, and set aside.
2. Bring about 3 quarts of water to a boil. Set up a large ice bath nearby. Blanch the broccoli rabe in the boiling water until tender, about 2 minutes. Drain, then immediately immerse in the ice bath. When completely cooled, drain the broccoli rabe again and pat dry. In the bowl of a food processor, combine the broccoli rabe, sliced garlic, capers, mustard, anchovy fillets, and chicken stock and pulse for 30 seconds. Slowly drizzle in the olive oil and pulse until emulsified to make a pesto. Do not over process.
3. Preheat the grill or boiler.
4. Grill the chops until medium rare, about 5 minutes on each side (internal temperature of about 130°F. on an instant-read thermometer).
5. Combine the yogurt and ground cumin and blend well. Add salt and pepper.

6. If necessary, reheat the broccoli rabe pesto gently over medium-high heat until warmed through, about 2 minutes.
7. To assemble the dish, place a mound of broccoli rabe pesto in the center of each of four warmed dinner plates. Drizzle the cumin yogurt, roasted red pepper jus, and parsley oil around the pesto. Tent 6 chops over the pesto on each plate, garnish with mint sprigs and the remaining lemon zest, and serve immediately.