

Jason Pettit – Capital Radio Recipe



Alternative Thanksgiving Pomegranate Glaze Lamb Chops

As an alternative to spending hours prepping and roasting a traditional turkey, this quick, easy and delicious alternative recipe will allow you to enjoy thanksgiving with family and/or friends

Ingredients – serves 4 people

12 ea lamb chops (equal size, shape and thickness)
salt & black pepper to taste

Glaze

2 Tbsp olive oil
2 Tbsp pomegranate molasses
2 Tbsp honey
1 lg garlic clove (peeled, finely chopped)
½ Tsp dried mustard powder

Salad

1 pkt baby spinach
½ bunch mint leaves (roughly torn)
2 lg spring onions (trimmed and sliced thinly)
1 lg pomegranate (seeds removed)
½ cup sliced almonds – toasted lightly
4 Tbsp extra virgin olive oil
1 ea lemon (zested & juiced)
salt & black pepper to taste

Traditional Thanksgiving Sides

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Crispy Sweet Potato Bake | Creamy Mashed Potatoes | Creamed Spinach
Balsamic-Honey Roasted Carrots | Baked Cheesy Mac & Broccoli

Method

In a small bowl, whisk together the pomegranate molasses, honey, and oil. Add the garlic and mustard powder and whisk until fully mixed.

Preheat a thick bottomed skillet | grill | bbq over a high heat.

Season both sides of the lamb chops with salt & black pepper to taste.

Liberally brush both sides of the chops with the glaze and keep the remaining glaze aside.

Working in batches, add lamb chops to the pan | grill | bbq in single layers with space between them.

Once nicely charred, carefully flip onto the other side and continue cooking.

Approx. 4 minutes per side depending on thickness and degree of cook required (medium well or more, allow an extra minute or 2 per side).

Remove cooked chops and brush again with glaze.

Keep warm by wrapping foil and allow to rest for at least 5 minutes.

In a large mixing bowl, whisk together the extra virgin olive oil and lemon juice – season lightly with salt & pepper.

Add the washed spinach leaves, spring onion, almonds, half the pomegranate seeds and torn mint leaves. Toss once or twice to coat.

Place rested lamb chops onto a large serving platter and pile the spinach salad neatly next to it.

Scatter the remaining pomegranate seeds over the lamb and serve with your choice of traditional sides.

Notes from the chef:

The pomegranate molasses is tart and sweet and negates the need for cranberry sauce.

You can replace to almonds with walnuts in the salad.

Allow the lamb chops to come to room temperature before seasoning and cooking.

If cooking on the bbq, ensure the charcoal (if using) is evenly spread out and keep an eye for fat drips which can flare and burn.

Tbsp - tablespoon

Tsp - teaspoon