



# CINNAMON-RUBBED GRILLED LAMB- POPS

*Appetizers, Chef's Selections*

*Flavourings, Kosher*

Difficulty Level: ●●○○○

Prep Time: 40 minutes

Cook Time: 15 minutes



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## Ingredients

- 2 cloves garlic (crushed)
- 2 tbsp olive oil
- 1 tbsp Windsor® Kosher Salt
- 1 tbsp Windsor® Black Peppercorns (freshly ground)
- 1 tsp ground cinnamon
- 8 frenched lamb chops (1 inch/2 cm thick - about 1 lb/454 g)

## Preparation

1. In a medium bowl, combine garlic, olive oil, Windsor® Kosher Salt, Windsor® Black Peppercorns and cinnamon. Toss lamb in rub until well coated; cover and refrigerate 30 minutes.
2. Preheat grill or broiler to medium-high heat.
3. Grill chops 3-4 minutes per side for medium rare (145 °F/65 °C) to medium (160 °F/75 °C).

**Servings: 8 chops, 1 per person (appetizer)**

Per 1 lamb chop (35 g) | Calories 140 | Fat 12 g | Carbohydrate 1 g | Protein 6 g