

# Honey We're Having Lamb Tonight?



## Lamb Prep

- If you do not want to buy lamb chops or loin (a more expensive cut), then buy boneless lamb shoulder. This is more tender than leg of lamb. Try and find a store that sells fresh/never frozen lamb.
- Trim the meat of excess fat and silver skin.
- Once trimmed, consider grilling the lamb on skewers. Smaller cubes of trimmed meat can be cooked to the appropriate temperature and marinated more easily. Cut the shoulder into 1.5 to 2 inch cubes and season with mint/basil pesto (see below).
- Prepare the Mint/Basil Pesto and use half to coat the lamb and reserve the other half for garnish. Let the lamb marinate overnight. Soak bamboo skewers in water for an hour and place 2 to 4 pieces of lamb on each skewer. Grill on medium heat (about 5 minutes) and allow to rest. Serve with pesto

## Mint & Basil Pesto

- 1 pack each- fresh basil, mint and parsley
- 1 head of garlic
- Prima Olive's (garlic & basil) EVOO
- 1 Tbl. Prima's Fire Salt
- 1- 4oz package pine nuts
- 4 oz Parmesan cheese

Wash and dry well the herbs. Remove leaves and roughly chop all herbs together.

Roast the whole head of garlic at 350 degrees for 15 minutes. Allow to cool.

Combine herbs, roasted/peeled garlic, and Fire Salt.

Use an immersion blender or food processor to whip the ingredients while drizzling the EVOO to make a thick paste. Add additional salt. You need the salt to pull the flavors out of the herbs, but not too much or it will mask the herb flavors. Therefore, add salt sparingly, if needed. Serve immediately !

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