

# Greek-Style Lamb Chops

Roasted lamb ribs in the oven are not just delicious, but simply delicious. Perhaps, on the counter of a butcher's shop, a cut of lamb called "kare" does not look very appetizing, but this is a real delicacy! If you have not yet succumbed to the temptation to cook lamb ribs at home, correct the situation. After all, the rack of lamb, in addition to being tasty, is also suitable for dietary nutrition. And this juicy and tender meat is cooked quite quickly – a maximum of 20-25 minutes.

So that the lamb dish does not have a specific smell, it is better to remove excess fat. Lamb fat hardens quickly, so the finished lamb dish should be served faster, preferably on warmed plates.



# Ingredients

- 1 rack of lamb
- 1 lemon
- 2-3 tablespoon olive oil
- 1 teaspoon dry rosemary
- 1 teaspoon dry thyme
- 1 teaspoon ground black pepper
- 1/2 teaspoon sea salt or Himalayan pink salt



# Instructions

## Marinade for lamb ribs

1. Finely grate the zest of one lemon.
2. Squeeze the juice from one lemon with a citrus juicer and pour half of it into a bowl.
3. Pour olive oil there and zest and pour spices (except pepper) and salt.
4. Mix well.

## **How to marinate lamb ribs**

1. Take a large bowl or pan and put all the ribs in it.
2. Pour the prepared marinade over the lamb ribs and mix so that the marinade is distributed over all surfaces of the ribs
3. Cover with a food plank and refrigerate to marinate for 4-5 hours

## **How to bake lamb ribs in the oven**

1. Preheat the oven to 390 degrees and put the grate on the middle level.
2. Remove the ribs from the marinade and drain off excess moisture. Sprinkle them on both sides with black pepper and rosemary.
3. Place them on the grill so that they do not touch each other.
4. Bake at a temperature of 390 degrees for 20 minutes.
5. Turn off the oven, get the lamb ribs, wrap them with foil, and let them rest for 10-15 minutes. Lamb should be still pink and not grey in the middle.