

Marinated Lamb Popsicles

Category: Indian

Servings: 8

Rating: 10

Source: Vij's Restaurant, Vancouver, slightly modified

Description:

For a recent dinner club, we served these popsicles with Vij's Turmeric Potatoes and a vegetable medley. Everything was tied together with the popsicle sauce to create a great meal. We served two optional wines with it: Burrowing Owl Pinot Noir and Stoneleigh Sauvignon Blanc. Both paired well; which was better was a personal preference.

Ingredients:

white wine	1/4 cup
grainy yellow mustard	3/4 cup
salt	
pepper	
rack of lamb	4-5 lbs. cut into chops French style
cream	3 cups
paprika	3/4 teaspoon
cayenne pepper	1/2 teaspoon
fenugreek leaves	2 teaspoons, dried
lemon juice	3 tablespoons
vegetable oil	3 tablespoons, Canola
garlic	2 tablespoons, finely chopped
turmeric	1 teaspoon

Instructions:

Combine the wine, mustard, and one teaspoon each of salt and pepper in a bowl and add the lamb chops, coating them well with the marinade. Cover and refrigerate for 2 to 4 hours.

Combine cream, 1/2 teaspoon of salt, paprika, cayenne, fenugreek leaves, and lemon juice in a large bowl. Saute garlic in vegetable oil over medium heat until golden. Stir in the turmeric and cook for about one minute. Add the cream mixture and cook on medium-low until it is gently boiling and has reduced by about half, about 5-10 minutes. (If you use a skillet instead of a pot, the cream reduces much faster).

BBQ the lamb chops until done as desired. For medium-rare it takes about two minutes per side for thin chops and four minutes for thicker ones on an open grill.

Pour a little sauce on each plate and place several chops on top. Serve extra sauce on the side.