

Orange-Mint Lamb Chops

8		frozen Spring Lamb loin chops, thawed	8	
1/3	cup	frozen orange juice concentrate, thawed	75	ml
1/4	cup	malt vinegar	50	ml
2	cloves	garlic, minced	2	
2	tablespoons	chopped fresh mint	30	ml
1	tablespoon	vegetable oil	15	ml
3/4	teaspoon	ground black pepper	1	ml

Place chops in sturdy bag set in bowl. In measuring cup, stir together orange juice concentrate, vinegar, garlic, mint, oil and pepper. Pour over lamb chops, press air from bag, close tightly and squeeze gently to coat lamb chops well with marinade. Refrigerate at least 3 hours or overnight, turning bag occasionally, bring to room temperature about 30 min before grilling. Place on oiled grill 40 to 6 inches (10 to 15 cm) above hot coals or on high setting and sear 1 min per side. Turn to medium-high and cook 4 to 6 minutes longer per side for rare.

Yield: 4 to 6 servings