



LAMB CHOPS ALLA GRIGLIA - AL GARY

Prep Time 4 minutes – Cooking time 10-12 minutes – Serves 4

We've always enjoyed grilled meats and vegetables whenever we're in Italy. But whenever I ask for the recipe, I'm told it's just salt - il sale. Well, La Salamoia, a Tuscan herb blend with gray sea salt, is il sale Italians are talking about. La Salamoia makes it so easy to get that great Italian grill flavor.

8 small lamb chops about 1" thick

1/4 cup olive oil

1 Tablespoon La Salamoia

Preparing the lamb chops: Trim off any extra fat from the chops, then brush them with olive oil. Lightly sprinkle the chops with La Salamoia seasoning. Remember that gray sea salt is really salty, so use just a small amount until you get the saltiness to your taste.

Grilling: Get the coals in your grill red hot. Place the chops on the grill and cook for 5 minutes on one side, then turn and cook another 5-7 minutes to get the meat medium to medium-rare, so it's still pink in the center. A meat thermometer will register at 150°F. If you like your chops rare, cook for a few minutes less to 140°F.

Serve immediately on plates.

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Charlotte Capan, Conti USA

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