



Lamb Chops with Cacao Nibs Rub

2 tbl Scharffen Berger Cacao Nibs
2 tsp dried red pepper flakes
1 tsp ground cumin
½ tsp ground mustard
½ tsp chili powder
½ tsp ground allspice
2 tbl brown sugar, packed
2 tbl kosher salt
3 lbs lamb chops

Preparation

1. Combine all ingredients except lamb in food processor or mortar and pestle. Grind until nibs have broken into small pieces, about the size of large grains of sand.

Pat dry the lamb chops, then generously cover the meat with the rub. Marinate in refrigerator at least 2 hours or overnight.

2. Remove the lamb chops from the refrigerator so they can come to room temp, then fire up the grill! Relatively high heat, like you'd use for a steak. Depending on the thickness of the chops, probably 8 – 10 minutes total cooking time for medium rare. Rib chops (if single rib thickness) are usually a bit thinner than O-bone or shoulder chops; that's the 8 minute time frame.

Yields 4 – 6 servings.

The Harvest Moon 2005 Russian River Valley Pitts Home Ranch Estate Zinfandel is wonderful with these lamb chops. Enjoy!

Adapted from a recipe by John Scharffenberger, from foodnetwork.com.