



Grilled Lamb with Pea & Mint Pesto

Perfectly grilled lamb racks served with a vibrant spring pea and mint pesto

INGREDIENTS

For the Lamb

- 2 Frenched lamb racks
- Kosher salt, to taste
- Freshly ground black pepper (optional)

For the Pea & Mint Pesto

- 2 cups cooked green peas (fresh or thawed frozen)
- ½ cup fresh mint leaves, packed
- 2 garlic cloves, peeled
- ¼ cup pine nuts
- ¼ cup grated Parmesan cheese
- ¾ cup extra virgin olive oil
- 1 teaspoon kosher salt, or to taste
- Fresh lemon juice (optional, for brightness)

OVERVIEW

Total Time: 40 minutes
Prep Time: 15 minutes
Cook Time: 16-24 minutes
Rest Time: 5 minutes
Servings: 2-4

PREPARATION

Pea & Mint Pesto

Toast the pine nuts:

- In a dry skillet over medium-low heat, toast pine nuts until golden and fragrant, about 3-4 minutes, stirring frequently to prevent burning
- Set aside to cool slightly

Make the pesto:

- Add peas, mint leaves, garlic, toasted pine nuts, and Parmesan to a food processor or blender
- Pulse several times to roughly chop ingredients
- With the machine running, slowly drizzle in olive oil until you reach desired consistency
- Season with salt to taste
- For added brightness, stir in a squeeze of fresh lemon juice (optional)
- Set aside at room temperature if using within an hour, or refrigerate until needed

Grilled Lamb

Prepare the lamb:

- Remove lamb racks from refrigerator 30 minutes before cooking to bring to room temperature
- Pat dry with paper towels
- Season generously on all sides with salt (and pepper if desired)

Preheat the grill:

- Set Wildfire Grill to medium heat and preheat for 10 minutes

Grill the lamb:

- Place lamb racks on the preheated grill, fat side down first
- Grill to desired doneness:
 - Medium-Rare: About 8 minutes per side
 - Medium: About 10 minutes per side
 - Medium-Well: About 12 minutes per side
 - Use a meat thermometer for the most accurate results

Rest the lamb:

- Transfer lamb to a cutting board and tent loosely with foil
- Let rest for 5 minutes to allow juices to redistribute

SERVING

- Spread a generous layer of pea and mint pesto on each plate
- Slice the lamb racks between the bones into individual chops
- Arrange lamb chops over the pesto
- Garnish with additional fresh mint leaves if desired