

Tandoori Lamb Chops Recipe

Ingredients: Serves 4

4 lamb chump chops, total weight about 700g
50g papaya, peeled and chopped (optional)
125g whole milk plain yoghurt
5cm cube of root ginger, roughly chopped
5-6 garlic cloves, roughly chopped
1 teaspoon each of cumin and coriander seeds
2.5cm piece of cinnamon stick, broken up
4 cloves
Seeds of 4 cardamom pods
2-4 dried red chillies, chopped
½ teaspoon salt
2 tablespoons oil

Method:

Remove the rind from the chops and prick both sides with a fork. Place them in a shallow dish in a single layer. Place the papaya (if used), yoghurt, ginger and garlic in a blender and blend until smooth. If using wine, add it to the chops and set aside for an hour or so, then proceed as follows. Grind the whole spices and the chillies in a coffee or spice mill until fine and mix with the pureed ingredients. Stir in the salt and pour enough marinade over to cover the chops. Using a fork, mix the meat and marinade thoroughly, lifting and turning to make sure that both sides are coated. Cover and refrigerate for 4-6 hours, or overnight. Bring to room temperature before cooking. Pre-heat the grill to high. Remove the rack from the grill-pan and line with foil. Brush the foil with a little oil and place the chops on it. Grill the chops about 12cm below the heat source for 5 minutes. Mix the remaining marinade with the oil. Turn the chops over and grill for a further 5 minutes, then baste generously with the oil/marinade mixture. Continue to grill for 3-4 minutes and then turn again. Brush with the remaining oil/marinade mixture and grill for 3-4 minutes. Remove and serve. In India, raw papaya is pureed and used as a tenderizing agent for most meat dishes. Make sure you buy a papaya which has a green exterior. Peel it and slice off the very firm flesh from around the entire surface - the pink flesh deeper inside does not have enough papain (tenderizing quality) to be effective. It is delicious on its own or can be used in a fruit salad. Alternatively, use 50ml red wine in the marinade.

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