

Marty's Lamb Rub

Hi Joe, I keep meaning to send you the lamb rub. As you know, I proportionate according to my taste, but if you use 2 tablespoons of each of these ingredients, it should work very well.

Garlic powder
Onion powder
Fresh, chopped parsley
Fresh chopped thyme
Paprika, 1 tablespoon
Smoked paprika, 1 tablespoon
Salt and pepper to taste
Brown sugar 1 tablespoon
Cumin, 1 tablespoon

If you mix this a few days before you're going to use it, it is even better!

If you don't want to grill it, I suggest you broil it.

I put the rub on the lamb the day before I'm going to serve it. First I sprinkle one side of the lamb chops with the spices, then I brush the tops with olive oil and turn them over and do the same thing. Don't slather them with olive oil. 

Cover with plastic wrap and refrigerate until one hour before cooking. Then I let them get to room temperature.

I'm not sure how long to broil them. On the grill, David cooks them around two minutes a side for medium rare, and a little longer for medium.

Whole Foods has great rack of lamb. They will cut it and remove the fat for you.

