

## 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.

