

# Cooking Corner

## Romantic Dinner Update: Lamb Is For Lovers

(NAPSA)—A meal can be more than mouthwatering when you prepare it with the right ingredients. Plan your menu around lamb and the delicious results will provide a romantic dinner for two.

Whether you opt for the show-stopping rack or tender-loving loin chops, the following recipes for American Lamb Loin Chops and Red Chile Grits will make this a meal to remember:

### **American Lamb Loin Chops with Creamy Red Chile Grits**

*Courtesy of Chef Tim Love  
Serves 2*

**2-5 oz. American Lamb Loin Chops**

**2 oz. olive oil**

**1 clove of garlic, minced  
Kosher salt to taste**

**Cracked black pepper to taste**

Heat cast-iron or heavy-bottomed saucepan over medium-high heat until hot and barely smoking.

Brush lamb chops with olive oil and minced garlic.

Season liberally with salt and pepper.

Place on pan for 3 minutes a side or until medium-rare.

Remove lamb chops from pan and let sit uncovered for 5 minutes.

Serve with creamy red chile grits.

### **Red Chile Grits**

**2 tablespoons olive oil**

**3 fire-roasted red bell peppers, skins peeled and seeded, medium dice**



**These delicious lamb chops with creamy red chile grits are a delicious way to woo your loved one.**

**4 cloves roasted garlic**

**1 small red onion, medium dice**

**1 tablespoon butter**

**4 cups chicken stock**

**¼ cup heavy cream**

**1 cup grits**

**2 cups shredded manchego cheese**

**¼ cup chopped chives**

**Salt and pepper to taste**

In a hot sauce pot, add olive oil, roasted peppers, garlic and onion.

Stir until well incorporated, then add butter.

Melt the butter down, then add chicken stock and cream and bring to a boil.

After liquid comes to a boil, turn down the heat to medium-low and stir in grits and cheese.

Keep stirring thoroughly until the grits are cooked all the way.

Add chives, salt and pepper.

Fans of lamb can find more recipes at [www.americanlamb.com](http://www.americanlamb.com) and follow @FANofLAMB on Twitter to stay in the know on lamb recipe news and events.