

Lamb Tenderloin on Rosemary Skewers

Show: Apr 3th

Ingredients: 3-6 servings

3 Lamb Tenderloins, Silver skin removed
3 sprigs Rosemary
2 Tbls Olive Oil
Salt & Pepper to taste
1/4 tsp Rosemary, finely chopped

Procedure:

If the tenderloins are especially thick, you may want to split them lengthwise. If more than 6 inches long, cut them in half, having about 4 inch pieces.

Pull the leaves from the bottom stem of the rosemary sprigs, up about 3 inches or so. With a sharp knife, cut the heavy end of the sprigs at an angle so as to create a needle-like effect.

Marinate:

Mix together 2 Tbls Olive Oil, 1/4 tsp finely chopped rosemary leaves and salt and pepper to taste. Skewer the tenderloins with the rosemary skewers and marinate for 2 hours or longer. Lay them on a hot grill and cook till just brown all around.

Serve with your favorite meat dipping sauce, mint pesto, peanut sauce, etc.

** Tapenade is a thick paste made from capers, anchovies, ripe olives, olive oil, lemon juice and seasonings.

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