



Grilled Lamb Kebabs with Salsa Verde

INGREDIENTS

2 Pine Street Market Lamb Sirloin Kebabs
½ cup Extra Virgin Olive Oil, more if needed
1 tsp Capers, minced
2 tsp Mint leaves, roughly torn
1 tbsp Flat Leaf Parsley, roughly chopped
1 Lemon, zested and juiced
½ tsp Red Pepper Flakes (optional)
Kosher Salt & Black Pepper
PSM Summer Spice

- To make the Salsa Verde: In a mixing bowl, combine olive oil, capers, herbs, lemon zest and juice, and optional red pepper flakes. If the mixture is too dense and a splash of olive oil and taste for seasoning. Allow the sauce to rest at room temperature for at least 30 minutes to 2 hours.
- Remove the kebabs from the refrigerator, season with salt and Summer Spice, and leave on the counter for 30 minutes to come to room temperature.
- Preheat grill to 400°F, direct heat or heat your cast iron skillet over medium high heat with 1 tbsp of canola oil. If using a cast iron skillet preheat your oven to 400°F. When the grill reaches 400°F or the skillet begins to lightly smoke, you are ready.
- Cook the kebabs for 3 minutes on each side. Use a meat thermometer to determine doneness. If using the cast iron skillet, put the skillet and lamb into the oven to reach your desired doneness. See *How to Cook Red Meat* for recommended temperatures.
- Remove the kebabs from the grill or pan. Top evenly with a dollop of Salsa Verde and allow to rest for 10 minutes. Using a fork, slide the chunks of lamb off the wooden skewers and serve.

How to Cook Red Meat

Most of us were raised to fear raw meat. Under cook steak. You could get sick. Over cook a roast. You just ruined dinner. So, I love teaching people that cooking meat can be fun; you just need to understand some basic rules:

- Let the meat come to room temperature before cooking. Allowing to rest on a plate on your counter for at least 30 minutes. It's okay! Searing will kill bacteria living on the surface of the meat. Allowing the meat to come to room temperature will ensure the internal and external temperatures are similar, which will prevent the likelihood of achieving a beautiful sear while being raw on the inside.
- Cook to an exact temperature based on your liking. Common beef and lamb temperatures are: Medium-rare (130°F), Medium (135°F), and Medium-well (140°F) Pork temperatures should be between 145°F to 155°F. I recommend using a large display digital probe thermometer that is easy to read. Understand that meat continues to cook after removing it from the heat. Not a lot, but it can go from medium to medium well in just a few minutes.
- After cooking, let meat rest before cutting into it. The cooking process drives the juices to the center; resting allows the juices to redistribute throughout.
- Keep it simple. Hopefully, you have selected a beautiful cut and will want to enjoy its natural flavors. Drowning with a heavy sauce, funky blue cheese, sharp peppercorns, and other giant flavors will overpower the subtle beauty of a perfectly seared meat. Go for a simple compound butter or finishing salt, just enough to compliment the natural flavor of the meat.
- "Slice the meat against the grain." What does that mean? Look for the direction of the meat fibers in the steak or roast; they look like long strings. Cutting across these fibers, against the grain, makes each slice more tender and easier to chew.