



Lyd “Lamb Chop” Scissorhands by Lydia Shire

Aside from cooking, my passion is football. In 1985, after tailgating in Foxboro, I wanted to meet Andre Tippett and Bruce Armstrong from the Patriots. At the end of the game, I cooked some pomegranate-marinated Colorado lamb racks to perfection on my charcoal grill, sliced the rack into eight chops and stuck them - bone and all - between my fingers, a la Edward Scissorhands. I went running into the player's parking lot (which was open to the public back then) and lo and behold, there was Andre and Bruce! They devoured my lamb chops (who wouldn't after slugging it out on the gridiron all night!).



Andre and I are BFFs to this day! I always cook the best - albeit expensive - Colorado lamb racks on Super Bowl Sunday. It's a memorable tradition.

—LYDIA SHIRE

Check out how I won over two football greats back in 1985:

Ingredients

1/4 c. chopped garlic

1/4 c. chopped shallots

1/4 c. chopped parsley

1/2 c. olive oil

1/2 c. pomegranate molasses (from Syria)

1 bunch of rosemary

1 bunch of thyme

2 T. crushed whole peppercorns

2 limes

2 racks of Colorado lamb (16 chops)

Method:

1. Sauté chopped garlic and shallots in olive oil until they are a pale golden color. Strip the leaves from the rosemary and thyme, chop, and add into the pan.
2. Turn off the heat and add the pomegranate molasses, crushed whole peppercorns and chopped parsley. Grate the rinds of the two limes and squeeze the juice into the marinade.
3. Spread over two racks of lamb and allow to marinate for 24 hours. When you are ready to cook, wipe off the marinade and heavily salt-and-pepper the lamb racks. Light the grill, get the charcoal going, and brown the chops on all sides.
4. Once browned, put the marinade back on the chops. Place the cover over your grill and allow chops to slow-roast under a low fire. When finished, the chops should be soft to touch and a medium-rare temperature (between 118-120 degrees).
5. Let the lamb chops rest for 15 minutes, slice into chops, and serve.