

Simple Lamb Marinade

This recipe makes about a cup of marinade, which is enough to marinate a bunch of chops or a whole roast

This recipe was posted on the web (#103317 on www.recipezaar.com) and is really quick to make and is great for grilling or roasting lamb.

Many thanks to S. Ducklow for the link to this recipe.

Ingredients

- 1 Ziploc Bag (gallon size)
- $\frac{3}{4}$ cup teriyaki sauce
- $\frac{1}{4}$ cup low-sodium soy sauce
- 6 cloves minced garlic
- $\frac{1}{2}$ tsp black pepper
- 1 tsp dried rosemary, crushed
- $\frac{1}{4}$ tsp dried thyme
- 3 Tbs Dijon-style mustard
- 2 Tbs honey

Technique

Add all the ingredients to the Ziploc bag, seal the bag, and slosh it around to blend all the ingredients together. It helps to put the bag in a bowl to hold it upright, while you are adding the ingredients.

Put the lamb chops or roast in the bag, re-seal it, and refrigerate for at least 2 hours or as much as 24 hours. Turning the bag once or twice during marinating is a good idea, but is not absolutely necessary.

Remove the bag from the fridge and bring it to room temperature before cooking.

Heat up the oven or grill and start cooking. You can use the remaining marinade for basting, but do not use it for a sauce without boiling it for a couple of minutes first.