

Alberta Lamb Leg Steaks with an East Indian Rub and Fresh Mango Chutney



Serves 6

Ingredients:

6 centre-cut Alberta Lamb steaks, 1 inch thick
1 Tbsp whole cumin seed
1 Tbsp whole coriander seed
1 Tbsp whole fennel seed
1 Tbsp cinnamon
1 Tbsp garam masala
1 tsp. dried chilli flakes
1 tsp. turmeric
6 whole cardamom pods
salt & pepper to taste

Mango Chutney:

2 peeled and diced fresh ripe mangos
1 tsp. minced fresh ginger
1 tsp. minced fresh shallot
1 Tbsp. honey
Juice of 1 lime
Fresh chilli paste to taste (sriracha)
Salt & pepper to taste

Method:

Grind all spices in coffee grinder and rub on steaks. Allow to marinate for one hour in refrigerator. Grill steaks on preheated barbecue until medium.

Mix all ingredients for Mango Chutney and allow flavours to marinate for one hour.

Serve Alberta Lamb Steaks garnished with mango chutney and your choice of accompaniments.

Recipe courtesy of Chef Darren Dixon

Your Notes



You've got **GREAT** taste!

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