



I didn't grow up eating lamb. In eastern North Carolina we regularly dined on fried chicken, barbeque and chicken and dumplings. In fact, Vince and I had been married for several years before I tasted my first lamb at a restaurant in Charleston, SC. It was love at first bite!

Rack of lamb, leg of lamb, lamb chops – they're all wonderful! I especially like this simple recipe for rack of lamb that has been frenched and sliced into lollipop chops. Besides being a delicious entree, the lollipops can also be served as a fun-to-eat hors d'oeuvre.

My recipe for tzatziki-like sauce is made with sour cream and dill but could easily be substituted with Greek-style yogurt and fresh mint.

Mediterranean Salad and Oven-Roasted Cauliflower are excellent accompaniments for a quick and delicious dinner. All you need to complete the meal is a glass (or bottle) of pinot noir or merlot. Enjoy!

Crunchy Lamb Lollipops

