

## **Grilled Grass-fed Lamb Lollipops with Coconut Raita**

Serves: 4-6 people as an appetizer

### **Ingredients:**

14 Bones or 2 each half racks – cut each bone into “lollipops”  
1 Tablespoon Garam Masala  
1 Teaspoon Cayenne Pepper  
2 Teaspoons Salt  
1- ½ Teaspoons fresh ground pepper  
¼ Cup Olive Oil or Coconut Oil

### **Raita:**

1 Cup Plain Unsweetened Coconut Yogurt  
1 Teaspoon Grated Ginger  
½ Cup Grated Cucumber  
1 Each Lemon Juice and Zest  
2-4 Tablespoons Chopped Fresh Mint

### **Directions:**

Make the raita first. Combine the yogurt with the cucumber, ginger, mint and salt and pepper to taste.

Fire up your grill either gas or charcoal. Lay the lamb bones onto a tray. Drizzle with oil lightly. Sprinkle on the salt, pepper, garam masala and cayenne onto both sides of the “lollipops”. Grill on high heat for about 3-4 minutes per side depending on how you like your lamb cooked. Serve on a platter with the raita. Dunk or spoon the raita onto the lollipops and eat cave man style!