

Grilled Lamb Tenderloin with a Spicy Harissa, Roasted Pepper, Walnut, Pomegranate Relish

This is my twist on a recipe I tasted at a food show. I, of course, like mine better. The original was over buffalo and the relish was blended into a smooth sauce. I felt that a chunky relish over lamb would be tastier. A year later I found two other similar recipes, also over lamb. The buffalo was just washed out. Enjoy!

A pomegranate aril is the edible seed in a pomegranate. If you break open the pomegranate in a bowl of water and remove the arils in the bowl, they will be easier to separate and will come cleaner than any other way you can use to remove the arils.

Relish

1/4 cup	pomegranate juice
1/4 lb	red bell pepper, roasted
1/3 cup	walnut pieces
4 tsp	fresh parsley, chopped
2 tsp	Harissa—see <i>Miscellaneous</i>
3 tsp	bread crumbs
1 tsp	fresh lemon juice
rounded 1/4 tsp	cumin
rounded 1/4 tsp	ground sumac
1 pinch	kosher salt

Lamb

1½ lbs	boneless lamb tenderloin
to taste	fresh ground pepper
to taste	ground sumac
1 cup	pomegranate arils

Procedure

- Put the pomegranate juice into a small sauce pan. Bring to a boil and lower to a simmer. Reduce by half.
- Put the peppers, walnuts, harissa, bread crumbs, lemon juice, cumin, sumac and salt into a food processor. Pulse until the consistency of a lightly chunky relish. Stir in the reduced pomegranate juice. Keep chilled until it is needed.
- Cut lamb tenderloin into approximately 4 ounce pieces. Add fresh ground pepper to taste. Grill until medium or desired doneness. (One can substitute lamb chops.)
- Top cooked lamb with chilled relish. Sprinkle with pomegranate arils and ground sumac. Serve immediately.

Servings: 6

Yield: 1½ lbs