

FOOD: Men: Don't just grill, learn your way around the kitchen too

Written by
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(StatePoint) All too often, men stay out of the kitchen, relegating their food preparation to the outdoors. But even master grillers know that eating well means being versed in more than just barbecue.

"Men cook for pleasure and showmanship -- not just for practicality -- which explains why they are so attracted to the grill, but indoors there are plenty of occasions to play with knives, fire and flavor," says bestselling cookbook author and award winning food writer, Steven Raichlen.

Raichlen's new book "Man Made Meals: The Essential Cookbook for Guys," teaches men to navigate the kitchen with confidence, style and tenacity. He operates under the principle that whether you're frying an egg, building a quesadilla, or putting together a four-course meal, using quality ingredients and proper techniques can make or break a meal.

And with just a bit of knowledge, men can stop relying on takeout or someone else for homemade cooking. Whether single or married, in college or retired, on a budget or on the board of directors, learning the way around a kitchen can help you eat well and you can even show off while doing it!

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Give this flavorful recipe -- that you can eat with your hands -- a try!

Finger Burner Lamb Chops:

Ingredients

- 2 1/2 pounds small lamb rib chops, cut 1/2 inch thick
- Coarse salt (kosher or sea) and cracked or freshly ground black peppercorns
- 1 tablespoon hot red pepper flakes, or to taste
- 3 cloves garlic, peeled and minced
- 3 tablespoons finely chopped fresh rosemary
- 1 to 4 tablespoons extra virgin olive oil, depending on the cooking method
- Lemon wedges, for serving

Directions

- Arrange the lamb chops in a single layer on a baking sheet. Generously season one side with salt and pepper and half of the hot pepper flakes, minced garlic, and rosemary. Drizzle two tablespoons of olive oil over the chops and pat the ingredients onto the meat with your fingertips. Turn and repeat on the second side. Marinate in the refrigerator for about 20 minutes.
- Heat one tablespoon extra virgin olive oil in a large cast-iron skillet or on a plancha over high heat until shimmering. Add the lamb chops in a single layer (work in batches as needed) and cook until well-browned on the bottom, about three minutes. Turn and cook until well-browned and the meat is cooked through or to taste, about three minutes for medium.
- Place the chops on a platter and encourage everyone to pick them up and eat the meat straight from the bone. Serve with lemon wedges for squeezing and plenty of napkins.