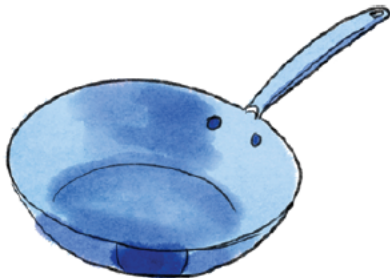




PHOTO: ELLIE ELLIOTT

Lamb chops, chermoula, sweet potato vinaigrette

*Chef Josh Elliott of Toro
Adapted by StarChefs
Yield: 6 to 9 servings*



INGREDIENTS

Chermoula Chops:
3 Australian lamb racks
2 cups coriander seeds, toasted, coarsely ground
1 cup fennel seeds, toasted, coarsely ground
1 cup cumin seeds, toasted, coarsely ground
½ cup black peppercorns, toasted, coarsely ground
10 pods star anise, toasted, coarsely ground
½ cup ground ginger
½ cup ground cinnamon
¼ cup cascabel chile powder

Sweet Potato Vinaigrette:
3 cups Japanese sweet potato vinegar with honey
½ cup lemon juice
6 tablespoons fish sauce

To Assemble and Serve:

Salt
Date syrup
Fleur de sel
Olive oil
Cilantro sprig and mint leaf mix, held in ice water

METHOD

For the Chermoula Chops:

French ribs halfway. Cut into chops (riblets). In a bowl, combine remaining ingredients to make the rub. Apply rub liberally to chops. Cover and refrigerate overnight.

For the Sweet Potato Vinaigrette:

In a bowl, whisk to combine all ingredients. When emulsified, transfer to a spray bottle.

To Assemble and Serve:

Temper chops. Prepare and heat grill until very hot. Season chops liberally with salt. Place chops on grill flesh side (not fat side) down. When charred (not burned), remove from grill and lightly brush chops with date syrup. Return ribs to grill to char syrup and cook until rare. Remove from grill and lightly brush chops with more syrup. Shake vinaigrette and spray on chops. Plate chops, finishing with fleur de sel and olive oil. Garnish with herbs.

*Lamb racks provided by True Aussie Lamb
Olive oil provided by Corto Olive Co.*

Notes on Sobriety

by Josh Elliott

Imagine if you had a candle and you were just blowtorching both ends. That's how I would describe the more than 20 years of my life that I spent spinning down the drain, preparing to get eaten up by the garbage disposal and washed out to infinity.



To be a chef is a full time job on top of another full time job. To be an addict and alcoholic, was a full time job as well. My mind, my body, and my spirit were all insane; wired up, drowned out, and fried to a crisp.



How did I get there? During all those years I couldn't have told you, but as I look at my life today I realize what it was that got me there: fear. Fear of myself. My thoughts, my soul, my physical self, and the idea of what everyone around me thought about me, it all consumed me.

Why? I am not really sure, but I can tell you that it was full tilt, all consuming and a 24/7 fear campaign. Only washed away momentarily with whatever I could get inside me to make it stop.

Today I am **FREE**.

Today I am really fucking lucky. I got desperate enough to scream, **I NEED HELP!** So that's what I did. I went and got help. And I still need help. All the time. That's something I got to learn once I asked the first time, was that it's ok to need help. To want help and to go get it, that is freedom.

My journey is only my journey, but I will share the hope with any person who may read this and say, "That's me." And I say to you, It's OK. It's going to be ok. Trust me.

It sure as shit won't be easy but we're here for you. Hundreds and thousands of us are just like you. We are here, ready to extend a hand, a cigarette, a cup of coffee, 5 minutes or whatever it is you want.



We are here to say there is plenty of room in your heart for Love and you deserve it.

Resources:



intoAction.org
SPIRITUAL RESOURCE CENTER

Hazelden Betty Ford
Foundation

