



INGREDIENTS

1 1 lamb chops

Salt & pepper for seasoning

2-3 TBSP of clarified butter

1 chopped shallot

1 bouquet of thyme

1 TBSP of minced garlic

3/4 cup of white wine

Zest of 1 medium lemon

2 TBSP of lemon juice

2 TBSP of unsalted butter



SEARED LAMB CHOPS

By Caterina Romano's kitchen

DIRECTIONS

1. Season the lamb chops with salt & pepper.
2. In a frying over medium-high heat, add and melt the clarified butter.
3. Once the butter is melted and hot add the lamb chops.
4. Cook for 5-6 minutes on each side.
5. Transfer the seared lamb chops to a glass container. Cover the container with aluminum foil and set aside.
6. In the same frying pan add the shallot and thyme and cook for approximately 2 minutes.
7. Add the garlic and cook for about 1 minute until fragrant. Add the wine and cook until it reduces to half.
8. Add the lemon zest and lemon juice and cook for 1 minutes.
9. Add the butter and mix until it blends in with the sauce.
10. Season the sauce to taste with salt & pepper.
11. Return the seared lamb along with its juices to the pan and warm on low heat for 2 minutes.
12. Serve with rice.

ENJOY THE SEARED LAMB CHOPS