

PRESIDENT CHESTER A. ARTHUR

LAMB CHOPS

4 SERVINGS

35 MINS
PREP TIME

10 MINS
COOK TIME

INGREDIENTS

- 4 mutton or lamb loin chops, boned, trimmed of skin and excess fat (mutton comes from older, firmer, more gamey sheep)
- 3 cloves garlic, minced
- 1 tablespoon fresh rosemary, chopped
- 1 teaspoon fresh thyme, chopped
- Salt and freshly ground black pepper (to taste)
- 2 tablespoons canola oil for cooking
- Butter, for serving (optional)

INSTRUCTIONS

1. Bring chops to room temperature, about 30 minutes before cooking.
2. Beat the chops lightly with a mallet to tenderize. Quickly brown the chops by searing in a hot pan with butter or olive oil. Allow to cool slightly.
3. In a separate bowl, mix together garlic, rosemary, thyme, salt, and pepper.
4. Once the seared lamb chops are cool enough to touch, roll them around in garlic, rosemary, thyme, salt, and pepper mixture. Doing an initial sear will help prevent the garlic and herbs from burning while in the skillet.

LAMB CHOPS



INSTRUCTIONS (CONTINUED)

5. Heat a griddle or heavy skillet over high heat until hot and add the canola oil.

6. Lay chops on the griddle or skillet and cook, turning often, watching carefully for flare-ups from the rendered fat. Aim for 3–4 minutes per side.

7. When chops are cooked through, transfer to a hot platter and, optionally, top each with a pat of butter.

NUTRITION PER SERVING (4 SERVINGS)

Calories 200 · Total Fat 11.3g · Saturated Fat 2g · Sodium 70mg · Total Carbohydrates 1g · Dietary Fiber 0g · Added Sugars 0g · Protein 25g

* Analyzed based on 4 oz, boneless lamb loin.

Adapted from: Margaret Brown Klapthor's The First Ladies Cook Book