
Cast Iron Lamb Loin Chops

Sendik's Fine Foods

Internet Address: Visit our online Cook Book at www.sendiksfinefoods.com

4 lamb loin chops
1 tablespoon extra virgin olive oil
2 garlic cloves, minced
2 teaspoons fresh oregano, finely chopped
2 teaspoons fresh rosemary, chopped
2-3 tablespoons butter
1/4 cup cognac or brandy
Salt and pepper to taste

1. Remove loin chops from the fridge 20-30 minutes before cooking. Season liberally with salt and pepper.
2. In a large cast iron skillet, heat the olive oil on medium-high until hot. Place the loin chops in the skillet and cook undisturbed for 3-4 minutes. It's important not to touch or adjust the lamb so the sides can sear up in the skillet. Flip and cook for an additional 3-4 minutes.
3. Add the butter, cognac, garlic, and fresh herbs to the skillet and swirl/stir until fully melted. Simmer for an additional 1-2 minutes, occasionally turning the loin chops in order to soak up cognac butter sauce. For medium rare, the lamb is done. Sear for an additional minute for each level of doneness; about 3-4 minutes for medium/medium well.
4. Remove from heat, place on plate and drizzle with Cognac butter sauce. Garnish with butter and fresh herbs if desired and serve. Enjoy!

Pork/Lamb Entrees