



Cooking for two? A romantic dinner perhaps? Consider the lamb chop? delicate, tender, juicy, and so easy. Rub with some chopped herbs, garlic, salt and pepper, and olive oil, let them sit for a bit, sear all over on high heat, let rest a few minutes, and serve. A lamb chop is such a lovely tender cut of meat, you just don't have to do much to it. In fact, the only thing you really don't want to do is over cook them.

Ingredients:-

1 pound lamb double rib chops

2 Tbsp minced fresh rosemary

2 teaspoons salt

1 teaspoon freshly ground black pepper

1 garlic clove, minced

4 Tbsp olive oil, divided

Method:-

(1) In a small bowl, mix the rosemary, salt, pepper, garlic, and 2 tablespoons of the olive oil together. Coat the lamb chops with the mixture, massaging it into the meat with your fingers. If you are working with double rib chops, cover and let stand at room temperature for 30 to 45 minutes.

(2) Heat the remaining 2 tablespoons olive oil in an oven-proof sauté pan over high heat. When the oil is shimmering hot, sear the lamb chops on all sides, about 2 to 3 minutes per side.

(3) At this point, if you want your lamb chops rare, they are likely to be cooked enough. Remove

them from the pan, cover them with foil and let sit for 5 to 10 minutes before serving. If you would like your chops more cooked, you can put them in the oven for 3 to 5 minutes, or keep them in the hot pan, remove from heat, and cover the pan for a few minutes. Then remove from the pan to a plate or cutting board, cover with foil and let rest 5 to 10 minutes before serving.

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