

Tuscan Lamb Chops

Ingredients

- 2 t Garlic (minced)
- 1 t Dijon Mustard
- 4 T Olive Oil
- 1 t Thyme (minced)
- 2 t Rosemary (minced)
- 1 T Lemon Zest
- 1/2 t Kosher Salt
- 1/2 t Ground Black Pepper
- 6 Lamb Loin Chops
- 1 T Unsalted Butter

Instructions

1. In a shallow dish, combine the garlic, mustard, 3 tablespoons olive oil, thyme, rosemary, and $\frac{1}{2}$ teaspoon each of salt and pepper.
2. Add the lamb chops and massage the mixture into both sides of each chop. Cover and marinate in the refrigerator for a minimum of one hour and up to 8 hours. Try to flip the chops halfway to ensure even flavor throughout.
3. A half hour prior to cooking, let the chops sit out at room temperature for 15 minutes. Preheat the oven to 425°. Pat the chops dry with a paper towel, then season both sides of each chop with salt and pepper.
4. Preheat a cast iron skillet over medium high heat. Add the butter and remaining tablespoon of olive oil. Sear the lamb chops for exactly two

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minutes on each side. Use a spoon to baste the chops with the butter and oil from the pan once you flip them.

5. Transfer the hot skillet to the oven and continue cooking for 4-6 minutes for medium rare or a thermometer inserted into the center reads 135°. Remove from the oven.

6. Cover loosely with foil and let the chops rest for 5-10 minutes before serving hot.