

## **Cooking Methods for Lamb Chops**

### **Broiled Lamb Chops**

Loin chops, the "noisette", English lamb chops and rib lamb chops are tasty and perfect broiled.

Preheat the oven to broil. Sprinkle the chops with paprika. Brush with olive oil or half salad oil, half butter.

Place 4 inches from the broiler heat and leave the oven door ajar. For 1 1/2 - inch chops, broil 8 minutes for rare, then turn for 1 minute. Broil 14 minutes or medium, turn for 2 minutes. Well done chops will take 18 minutes on one side, 2 minutes on the other. For well browned chops, place them 2 inches from the direct heat for the last 2 minutes of cooking before turning. Salt and pepper when ready to serve.

### **Pan Fried Lamb Chops (with fat)**

For the best flavour, melt 1 tablespoon of the lamb chop fat in a frying pan. You may instead use 1 tablespoon of salad oil, or half oil, half butter. Place the chops in the hot fat and cook 4 minutes over medium high heat. Then turn them and set the heat too high for the chops to simmer, but not so high that they will burn. Cook 4 - 5 minutes according to your taste and the thickness of the chops. Season to taste and serve on hot plates.

### **Pan Fried Lamb Chops (without fat)**

Place a square of newspaper in the bottom of a cast iron frying pan and heat until the paper starts to brown. Remove it, then place the chops next to one another without overlapping.

Cover the pan and cook the chops 3 minutes over high heat. Then turn them and cook, uncovered, 4 - 5 minutes over medium heat. The heat can vary slightly according to the thickness and fat content of the chops. Season to taste and serve on hot plates.