

Italian Lamb Chops

6 loin or rib lamb chops
1 tbsp. salad oil
1/2 tsp. salt
1/2 tsp. pepper
1/2 tsp. basil or oregano
1 garlic clove, crushed
juice of 1 lemon
1/2 tsp. French or German mustard

Try these on the barbecue.

Remove excess fat from the chops. Mix the salad oil, salt, pepper, basil or oregano, and garlic and roll the chops in the mixture. Let them marinate in the liquid for 2 hours at room temperature.

Broil or pan fry, with or without fat. When ready to serve, set the chops on a hot platter and pour over the lemon juice mixed with the mustard.