



2023 Member's Only

PAIRED WITH

Juicy Lamb Chops in Mustard Thyme Sauce

INGREDIENTS

- 8 Lamb Rib Chops or Loin Chops (about 2–2½ pounds total)
- 2 Tbls. Dijon Mustard
- 1 Tbls. olive oil
- 1 Tbls. Fresh Thyme Leaves (or 1 Tsp. Dried Thyme)
- 3 Minced Garlic Cloves
- 1 Tsp. Salt
- ½ Tsp. Black Pepper
- 1 Tbls. Unsalted Butter (for pan-finishing)
- Optional: Lemon Wedges for Serving

DIRECTIONS

STEP 1: Prepare the Mustard Thyme Marinade

In a small bowl, mix together the Dijon mustard, olive oil, minced garlic, thyme, salt, and pepper. Stir until well combined. This thick, aromatic mixture will coat the lamb and help create a flavorful crust.

STEP 2: Coat the Lamb Chops

Pat your lamb chops dry with a paper towel. Spread the mustard-thyme mixture generously over both sides of each chop. Let the coated lamb rest at room temperature for 15–20 minutes to allow the flavors to absorb and the meat to cook more evenly later.

STEP 3: Sear the Lamb Chops

Heat a large skillet over medium-high heat. Once hot, add a small amount of oil or butter. Carefully place the lamb chops into the skillet and sear for 3–4 minutes per side, depending on thickness. You're aiming for a deep golden-brown crust.

STEP 4: Finish with Butter and Rest

In the final minute of cooking, add 1 tablespoon of butter to the pan. Baste the chops with the melted butter for extra richness and juiciness. Transfer the lamb chops to a plate and cover loosely with foil. Let them rest for 5 minutes before serving to retain their juices.

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