



PARMESAN LAMB CHOPS



Day Before: Place Tenleytown Meat in refrigerator to defrost for 24 hours.

Prep Time: **15 - 20 minutes + sitting time**

Cook Time: **10 minutes**

- 12 Tenleytown Meat Company **lamb loin or rib chops** (1.5 to 2.5 oz. each)
- 2 slices **hearty white sandwich** bread
- 1 teaspoon minced **fresh rosemary**
- 2 teaspoons minced **fresh mint**
- 1 ounce **Parmesan cheese**, grated fine (1/2 cup)
- 2 large **eggs**
- 1 tablespoon plus 1/2 cup **extra virgin olive oil**
- 1/2 teaspoon **salt**
- 1/4 teaspoon **pepper**
- lemon wedges**

Pulse **bread** in food processor to **crumbs**; place crumbs in shallow dish and combine with **rosemary** and **mint**. Place **Parmesan** in second shallow dish. Beat **eggs** and 1 tablespoon **oil** in third shallow dish. Sprinkle chops with **salt** and **pepper**. Working with 1 chop at a time, dredge chops in **Parmesan** and pat in cheese. Using tongs, dip both sides of chop in **egg mixture**, coating thoroughly and allowing excess to **drip** back into dish. Dip both sides of chops in bread-crumbs mixture. Press coating in firmly. Place breaded chops in single layer on wire rack set in rimmed baking sheet and **refrigerate** between 30 minutes and 4 hours.

Heat 1/4 cup **oil** in nonstick 12-inch skillet over medium-high heat until shimmering, not quite smoking. Add 6 **chops** (oil should go halfway up sides) and cook, turning once, until well browned on both sides and medium-rare in center, about **5 minutes**. Line heated platter with paper towels, transfer chops to platter, and keep warm **200 degree oven**. Discard used oil, wipe skillet clean. Repeat with remaining 1/4 cup **oil** and remaining 6 **chops**. Serve all immediately with **lemon wedges**.

makes 4 servings



Recipe courtesy of Cook's Meat Book - The game changing guide that teaches you how to cook meat and poultry with 425 bulletproof recipes



PEOPLE



PLANET



COMMUNITY



COMPANY