



THE MEAT HOUSE: 30 Minute Recipe

Your Neighborhood Butcher

SAUCY LAMB CHOPS WITH SOY-GINGER-SESAME MARINADE

Yields: 2-3 Servings

- 1 tablespoon soy sauce
- 2 teaspoons sesame oil (olive oil will work)
- 1 green onion chopped
- 1 clove garlic -- minced
- 2 teaspoons ginger root
- ½ tablespoon fresh ground black pepper
- 6 kidney lamb chops (about 1 ½ pounds)
- Sesame seeds
- Kosher or sea salt to taste

Instructions

In a wide and shallow bowl, thoroughly mix the soy sauce, oil, onion, garlic, ginger and pepper. Add lamb chops to the bowl, turning several times to fully coat the meat. Allow the chops to marinate for 10-20 minutes. Pre-heat a heavy skillet to high heat with a little bit of sesame oil in the bottom. When the oil is very hot add the chops. Let the meat sear for 4 minutes and turn them with tongs. After turning, use a BBQ mop to brush some of the marinade over the chops. Cook the chops for an additional 4 minutes for medium rare meat. Remove the chops and plate them with the basted side down. Mop more marinade over the top then sprinkle sesame seeds over the meat.



Options

- Have us trim and carve the chops or buy the whole rack and carve them at home.
- You can have double cut chops too! Simply slice the meat in two rib bone sections and carefully slice off one of the bones leaving the chop portion in tact.
- You can cook the marinade in the skillet to reduce and thicken into a sauce.
- Try fresh squeezed lemon in the marinade.

For store locations, recipe ideas or to shop online visit:

www.TheMeatHouse.com