



# Broiled (or Grilled) American Lamb Chops with Mint Mustard Sauce

LOIN CHOP

*Recipe provided by | PLATINGS AND PAIRINGS*

**Servings: 4 Preparation time: 15 minutes Cook time: 15 minutes**

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## INGREDIENTS

- 1/2 cup olive oil
- 3 cloves garlic peeled
- 12 American lamb loin chops 1-inch thick
- Salt and pepper
- 3 Tablespoons whole grain mustard
- 2 Tablespoons white wine vinegar
- 2 Tablespoons honey
- 1 Tablespoon prepared horseradish
- 1/3 cup mint leaves

## DIRECTIONS

Take your lamb chops out of the refrigerator and allow them to sit at room temperature for 30 minutes. Preheat your broiler to HIGH.\*

Place garlic cloves and olive oil in a small saucepan over medium-low heat. Allow to heat for 5 minutes, until oil is fragrant. Remove from heat and set aside.

Brush your chops on both sides with the garlic oil and season generously with salt and pepper. Place on a broiler pan. Broil the chops for 5-8 minutes on each side, and let rest for up to 10 minutes, tented with foil.

To make the sauce, add mustard, vinegar, honey and horseradish to a food processor or blender. Turn it on and stream in the remaining oil and the garlic cloves. To this mixture, add your mint and process until finely chopped.

Serve the lamb chops with mint-mustard sauce on the side.

\*This recipe is also great if you wish to use your grill - see below for grilling instructions

Spray the grill with olive oil spray.

Brush your chops on both sides with the garlic oil and season generously with salt and pepper.

Place the chops down and grill 3 minutes (covered) or until good grill marks appear. Spray the top of lamb chops with spray olive oil, and turn them over. Turn the heat down to medium and grill another 3 minutes. Then, place the fatty edge of the lamb chop on the grill, so they are sitting upright, on their side, leaning them up against each other. Cover, and cook another 2 minutes or so, to melt off that fatty layer. (These are delicious served medium, but feel free to cook through on lower heat if that is your preference. ) Remove from grill, cover with foil until ready to serve.