



LOW CARB MAVEN

Pan Seared Lamb Chops with Mustard Cream Sauce

This easy pan seared lamb chop recipe flavors the lamb chops with a dry marinade of garlic and rosemary then finishes them with a silky, creamy, mustard pan sauce.

YIELD 4

INGREDIENTS

Pan Seared Lamb Chops

- 1 1/2 pounds lamb chops, trimmed of excess fat, 6 chops
- 2 cloves garlic, minced
- 1 tablespoon rosemary, minced
- 2 tablespoons olive oil
- salt and pepper

Mustard Cream Pan Sauce

- 1 tablespoon shallot, minced
- 1/2 cup beef broth, unsalted
- 2/3 cup heavy cream
- 1 tablespoon grainy mustard like Maille
- 2 teaspoons lemon juice or prosecco wine vinegar
- 2 teaspoons Worcestershire sauce
- sprig of rosemary and sprig of thyme
- 2 tablespoons butter
- salt and pepper to taste

INSTRUCTIONS

Lamb Chop Prep

1. The day before - Place the minced rosemary and garlic in a small bowl with 1 tablespoon of olive oil. Trim off any excess fat (or stray bones) from the lamb chops, leaving a thin layer of fat about 1/8 of an inch.
2. Place the lamb chops in a single layer in a shallow baking dish and season all sides with salt and pepper. Smear the garlic-rosemary-oil on both sides of each lamb chop. Cover with plastic wrap and refrigerate over-night.

Prep

1. Bring the lamb to room temperature for 30 minutes. Mince the shallot and juice the lemon. Have the sprigs of rosemary and thyme ready. Put the other ingredients near the stove or have them measured and waiting.

Cooking

1. Heat a large frying pan (non-stick or stainless) over medium high heat. When hot, add 1 tablespoon of oil, swirling to coat the pan. Add the lamb chops in one layer and turn heat down to medium. Let the lamb chops cook undisturbed for 6-7 minutes. Turn and cook again for another 6-7 minutes depending on how rare you like your lamb chops. Remove the lamb to a plate and cover loosely with foil.

Mustard Cream Pan Sauce

1. Turn the heat down to medium-low and add the shallots, sauteing until softened. Add the beef broth and brandy and bring the heat back up to medium. Simmer for 1 minute and add the mustard, Worcestershire sauce and erythritol. Stir or whisk to combine.
2. Whisk in the cream and add the sprig of rosemary and thyme. Let simmer for 7- 8 minutes or until almost your desired consistency - it will thicken as it cools. Add the lemon juice and butter, stir. Simmer until the sauce is glossy and thick. Check the seasoning.
3. Remove the sprigs of rosemary and thyme before saucing the lamb chops and serving.