

GUASTELLO'S VILLAGE MARKET

Greek Lamb Chops

Serves 4

Ingredients

1/4 cup olive oil
Juice of 1 lemon (about 1/4 cup lemon juice)
2 tsp dried oregano preferably Greek, or 1/2 cup chopped fresh
4 cloves garlic minced
1 tsp salt
1/2 tsp freshly ground black pepper
8 lamb chops
1 tbsp olive oil for cooking

Using paper towels, pat dry chops and discard any shards or bone fragments.

Mix all the ingredients together in a small jug or bowl.

Arrange lamb chops in a large baking dish or on a large plate, and pour the marinade all over the lamb, rubbing it into the meat. Cover with plastic wrap and marinate for half an hour, or for a deeper flavor, marinate overnight in the refrigerator, turning the chops from time to time (before cooking, let lamb chops sit at room temp 30 minutes).

Heat oil in a pan (cast iron preferably or grill plates) over high heat until just starting to smoke. Fry or grill lamb in 2 batches for 3-4 minutes each side, depending on thickness until done to your liking. (Usually, at 3 minutes per side they are medium, and at 4 minutes they are medium-well.)

Let rest for 5 minutes before serving.

Sprinkle with a little extra dried oregano for added flavor and a little extra lemon juice (optional).

Optional:

For left over marinade: reduce heat down to medium-low leaving any leftover drippings in the pan. When pan has lowered in heat, pour in the leftover marinade along with 1 tablespoon of butter and 1/4 cup beef broth. Bring to a simmer and allow to cook for at least 5 minutes. Stir in a tablespoon of lemon juice and serve with the lamb.

Credit: cafedelites.com