

Cast Iron Lamb Chops



Ingredients

- 3 lbs. lamb chops (excess fat removed)
- 1 to 2 Tablespoons Olive Oil
- 1 Tablespoon fresh Thyme
- 1 Tablespoon fresh oregano
- 1 Tablespoon fresh Rosemary
- 4 cloves pressed garlic
- 1 Tablespoon kosher salt
- ½ teaspoon ground black pepper
- 3 Tablespoons butter

Directions

1. Turn oven on to 500° and place skillet in oven to preheat. Once the oven reaches temperature, carefully remove skillet and place on medium high stove top burner. This will allow your pork chops to sear quickly and seal in the moisture.
2. Add olive oil and then lamb chops. Cook for 3 minutes on each side or until internal temperature reaches a minimum of 145°.
3. Mix all seasonings and garlic together. Once the lamb chops are at minimum temperature, sprinkle seasonings over the top of the lamb. Add butter to pan and allow chops to absorb. Remove from stove and serve.





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