

Parmesan Crusted Chops

This recipe for lamb chops is quick and simple and really good. Serves 4.

Ingredients

¾ cup grated Parmesan cheese
½ cup unseasoned bread crumbs
½ cup dried parsley
2 Tbs dried basil
1 Tbs dried tarragon
1 Tbs garlic powder
1 tsp dried thyme
1 tsp dried rosemary, crushed

8 lamb chops
Some Dijon-style mustard

Technique

Put all the dry ingredients in a bowl and mix well. Then pour the resulting coating mixture onto a large plate.

Pre-heat your oven to 400. Lightly oil a frying pan and put it on the stove for a couple of minutes at high heat.

Put four of the chops in the pan and sear on both sides. Then remove them from the pan to a plate and start the other four chops. You can start the next step while the second set of chops is searing.

Coat the seared chops with a very little Dijon mustard on one side and press firmly into the coating mixture. Repeat on the other side and transfer to a shallow roasting pan. Put the roasting pan in the oven and bake the chops until they reach the desired doneness (125 degrees for rare, 135 for medium rare, 145-150 for medium). If desired, you can broil them for the last minute or so to get a dark brown crust