

Garlic and Herb Seasoned Lamb Chops

½ cup	Olive Oil or Vegetable Oil
50 ml	Lemon Juice
6	Lamb Chops
40 - 50 g	Garlic & Herb Sprinkle (Product Code: 4412210)
1	Natvac Bag 250 x 350 mm 70 micron (Product Code: 6407128)

METHOD

1. Trim the lamb chops if desired.
2. Season lamb on both sides with **Garlic & Herb Sprinkle** and transfer into the **Vacuum Bag**.
3. Add oil and lemon juice and vacuum the top and toss and massage the lamb until all pieces are completely and evenly coated.
4. Allow to stand in the refrigerator for 8 - 24 hours.

COOKING METHOD: BRAAI

1. Pre-heat the grill to medium-hot coals.
2. Place the chops on the grill and cook for about 5 - 7 minutes per side, or until the desired doneness is reached.
3. Use tongs to turn the chops and prevent piercing it.

COOKING METHOD: PAN-SEARING AND OVEN FINISH

1. Heat a griddle pan over a high heat.
2. Coat the pan in olive oil and cook rashers for 6 - 8 minutes on each side.

COOKING METHOD: REVERSE SEAR

1. Cook it in the oven at a low temperature, 160°C until it's close to the desired doneness.
2. Sear the chops in a hot pan to create a crust, start with the fat side on the head for crackling.

RESTING

1. Let the chops rest for at least 10 minutes after cooking to allow the juices to redistribute.

SERVING

1. Serve with your favourite sides like **Italian Tomato Potato Fritters** and **Glazed Brussels Sprouts** and for something sweet, the **Salted Caramel Coffee Dessert**, is not to be missed.

