

Lamb Chops with Cherry Marsala Sauce

Adapted slightly from *New York Times*, 2001 (Amanda Hesser)



2/3 cup dried tart cherries

8 lamb loin chops, about 1 inch thick (about 1 pound—see Kitchen Notes)

salt and freshly ground pepper, to taste

2 tablespoons canola oil

2 tablespoons unsalted butter

1/2 cup shallot, finely chopped

2 cloves garlic, minced

4 teaspoons chopped fresh rosemary

1 cup low-sodium chicken broth

2/3 cup Marsala wine, dry if you can find it

Carolyn T's Blog - Tasting Spoons

<http://tastingspoons.com>

Servings: 4

1. Place dried cherries in a small bowl and cover with boiling water. Let rest for 15 minutes, then drain. Pat lamb chops dry with paper towel and season with salt and pepper. Heat a large skillet over medium-high flame. Add oil and sauté chops for 3 to 4 minutes per side for medium rare, swirling pan occasionally to make sure chops stay in contact with oil. Transfer chops to plate and tent with foil.
2. Turn off flame under skillet. Wipe with paper towel (lightly and carefully, so you don't burn yourself—it doesn't need to be oil-free) and return to medium heat. Melt butter in pan and sauté shallots until just tender, about 3 minutes, stirring occasionally to avoid burning. Add garlic and rosemary to skillet and cook, stirring, until fragrant, about 45 seconds. Add broth and Marsala to skillet. Stir in cherries and scrape up any browned bits. Cook for 2 to 3 minutes, until sauce is slightly reduced and thickened.
3. Divide lamb chops between two plates. Spoon sauce and cherries over and around chops. Serve.

Per Serving (excluding unknown items): 832 Calories; 64g Fat (70.7% calories from fat); 35g Protein; 25g Carbohydrate; 1g Dietary Fiber; 156mg Cholesterol; 125mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 1 Vegetable; 1 1/2 Fruit; 10 Fat.