

Snow-Capped Lamb Chops

Servings: 4



4 lamb loin chops, 1/2" thick
1 tablespoon olive oil
salt and pepper
8 ounces low sodium chicken broth, or beef broth
1 teaspoon dried thyme, if fresh, triple quantity
1/3 cup celery, finely chopped
1/3 cup green onions, finely chopped
1 cup mushrooms, finely minced
2 tablespoons parsley, minced
1/3 cup sour cream
Minced parsley and green onion, for garnish

Serving Ideas: The sauce is good on rice or mashed potatoes.

Chops, To Try

From an old Navy Wives' cookbook

These days it seems like lamb chops are a real luxury. When I first started preparing this dish way back in the 1960's, lamb chops were inexpensive and I served them often.

Note: If you prefer more of a gravy, thicken the liquid with a small shaken-up mixture of flour and water (about 1 tablespoon flour to 3 ounces of water). Add this after cooking the vegetables and stir to prevent sticking. Add more broth if needed as you cook it to your desired consistency.

1. Brown the lamb chops in olive oil, season with salt and pepper. Drain off any fat from the pan, then add the green onions, thyme and celery. Simmer for about 6-8 minutes until the chops are just cooked through. Use an instant read thermometer and remove them once they reach about 115-120°F. Remove the chops and place in a warm oven while you prepare the sauce. The chops will continue to cook as they sit - they will reach about 130°F to be medium-rare.
2. To the pan add mushrooms and parsley and cook until the mushrooms are cooked through, about 3-4 minutes. Simmer until the liquid has reduced somewhat. Add the lamb chops back into the pan. Place a large dollop of sour cream on top of each chop, cover and simmer for about a minute until the sour cream has warmed through. Place the lamb chops on individual plates, spooning some of the pan sauce on and over each chop, then add additional green onions and parsley sprinkled on top of the sour cream.

Per Serving (excluding unknown items): 383
Calories; 32g Fat (75.7% calories from fat); 19g
Protein; 4g Carbohydrate; 1g Dietary Fiber; 80mg
Cholesterol; 87mg Sodium; 2g Total Sugars; trace
Vitamin D; 49mg Calcium; 2mg Iron; 507mg
Potassium; 230mg Phosphorus. Exchanges: .