

# Holiday Cooking

## Holiday Lamb Loin Chops

(NAPSA)—There's good news for holiday chefs: When the temperature drops, so too does the price of many premium cuts of meat, including steaks and chops.

Lamb loin chops, also known as lamb T-bones, are a great example. Typically a warm-weather grilling item, the chops become less expensive during colder months when demand for lamb shanks, along with other stew meats and roasts, tends to rise. But tasty loin chops can easily be panfried for a cozy and economical cold-weather meal.

Try this recipe for a savory lamb loin chop holiday dish that's sure to please.

### Sage and Mint Lamb Loin Chops on Mashed Potatoes

*serves 4*

*Prep/cook: 30-40 minutes;*

*rest: 15 minutes*

#### 8 lamb loin chops

Olive oil, for cooking

2 tablespoons chopped fresh sage

Salt and freshly ground pepper, to taste

¼ cup white wine

1 tablespoon white wine vinegar

8-10 mint leaves, torn

#### Mashed potatoes

2 potatoes, peeled and chopped

¼ cup buttermilk or milk

Salt and freshly ground pepper, to taste

**1. Brush the chops lightly with olive oil. Press the sage, salt and pepper into the surface**



**Sage and Mint Lamb Loin Chops on Mashed Potatoes is a holiday favorite.**

**and allow to rest, covered, at room temperature for 15 minutes for flavors to infuse.**

**2. To make the mashed potatoes, boil the potatoes in salted water until nearly cooked. Mash well and fold in enough buttermilk to give the desired consistency. Season to taste with salt and pepper and keep warm.**

**3. Heat a large nonstick pan or frying pan over medium heat and add enough oil to just coat the bottom of the pan. Add the lamb and cook for 3 minutes on each side or until barely medium rare and still plump and springy when pressed. Drain excess fat from pan and add the wine, vinegar and mint. Cover and cook for 1-2 minutes, turning chops to allow flavors to infuse, until cooked as desired. The chops are most tender when kept medium rare or at an internal temperature of 130-135° F. Serve on the mashed potatoes with pan juices spooned over.**

For more recipes made with lamb, visit the Web site [www.superiorfarms.com](http://www.superiorfarms.com).