GLOBAL · DINNER

Pan-Seared Lamb Chops in Their Own Fat

25 min · Serves 3 · 503 kcal a serve · Video 9:39 · MyFavouriteFoods ChristineCushing

Gluten-free ingredients · Dairy-free · Nut-free

The chops cook in the fat they render, so no oil is added. Two chops give about 38 g of protein, more than a day's vitamin B12 and nearly half a day's zinc; trim the crisp fat if you want less saturated fat.

Diet notes: Carnivore if you leave out the fresh mint, grapes and vincotto or pomegranate molasses; Keto if you skip the grapes.

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Ingredients 7 · SERVES 3

- [ ] 6 **lamb chops** (rib and loin), fat cap left on, not frenched
- [ ] **salt**, for both sides
- [ ] **freshly ground black pepper**
- [ ] about 2 tsp **herbes de Provence** (or dried Greek oregano)
- [ ] chopped **fresh mint**, to serve (optional)
- [ ] a drizzle of **vincotto or pomegranate molasses**, to serve (optional, about 2 tsp)
- [ ] a small bunch of **grapes**, roasted, to serve (optional)

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Use rib or loin chops with their outer fat still on (frenched chops lose the fat that cooks them). Season both sides with salt, pepper and the dried herbs, pressing the herbs in so they stick. 0:36
2. Heat a cast-iron pan over medium-high with no oil. Stand the chops up on their fatty edges and let the fat render for a few minutes until golden and there is fat in the pan. 3:16
3. Lay the chops flat with space between them so they sear rather than steam. Keep the heat moderate, not smoking hot, and brown them on both sides. 4:26
4. Check doneness by pressing the meat (she likes medium). Near the end, stand them on their edges again to render more fat without overcooking the meat. 5:20
5. Serve on a board scattered with fresh mint. The cook also adds a drizzle of vincotto or pomegranate molasses and a few roasted grapes; leave those off for carnivore or keto. Eat with your hands. 6:00

> **Tip** Serves 3 (our estimate: 2 chops each). Lemon and dried oregano are the classic Greek finish. Leave off the grapes and vincotto for carnivore or keto.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
503 kcal	**38** g	**7.2** g	**0.7** g	**35** g	**510** mg
2,100 kJ	76% of a day	6.4 g net · 5.4 g sugars 3% of a day	3% of a day	15 g saturated 44% of a day	22% of a day

Energy from net carbs 5% · protein 31% · fat 64% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 138% · Selenium 71% · Zinc 47% · Omega-3 35%

Source of (10–19%) Iron 18% · Vitamin B6 14% · Vitamin K 13% · Potassium 12% · Magnesium 10%

Recipe and video: MyFavouriteFoods ChristineCushing (@ChristineCushing) on YouTube — youtube.com/watch?v=1X8fUEU8JHk, published 10 January 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/pan-seared-lamb-chops-own-fat