



Pan-Seared Lamb Lollipops + Fresh Mint Sauce

(Serves 2–4)

Ingredients

Lamb

- 8–10 Frenched single-cut lamb rib chops (“lollipops”)
- 2 tbsp olive oil
- 3 tbsp butter
- Sea salt
- Fresh cracked pepper
- 2 garlic cloves, diced
- Few whole sprigs thyme and/or rosemary

Fresh Mint Sauce

- ½ cup tightly packed fresh mint leaves, stems removed
- 1 tbsp shallot, coarsely chopped
- 2 tbsp red wine vinegar
- 1 tsp honey
- 3 tbsp olive oil
- Pinch salt
- *Optional:* tiny squeeze lemon

Directions

1. Prep the Lamb

- Remove from fridge 20–30 minutes before cooking.
- Pat dry.
- Lightly drizzle with olive oil.
- Sprinkle with chopped garlic, salt and pepper.

2. Make the Mint Sauce

- Add mint, shallots, vinegar, honey, olive oil and salt to a blender -- lightly blend (do not puree).
- Let sit while lamb cooks (the mint softens and gets delicious).

3. Cook the Lamb

STEP 1: Sear

- Heat olive oil in a large heavy skillet (cast iron ideal) over medium-high until hot.
- Place lamb chops down—don't move them.
- Cook each side approximately 2 minutes*

STEP 2: Finish with Butter-Basting:

- Add butter + garlic + whole herb twigs to meat in pan.
- Tilt pan and repeatedly spoon melted butter over chops for additional 1-2 minutes*

*Cook depending on their thickness and your preferred doneness.

Target temp:

- 125–130°F = medium rare (ideal)
- Let rest 5 minutes.

4. Serve

- Finish with flaky salt.
- Spoon mint sauce over top or serve alongside.

Sides that pair especially well:

- Crispy roasted baby red potatoes
- Grilled asparagus
- Melon and mint salad
- Butter lettuce salad with lemon mint vinaigrette
- Warm toasted crostinis