



BRAISED LAMB CHOPS WITH A CREAMY MUSHROOM SAUCE

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Yield: 4 servings // Prep time: 20 minutes // Cooking time: 1 hour // Total time: 1 hour 20 mins

My favourite lamb dish is braised lamb chops with a creamy mushroom sauce. This dish can be "dressed" up for a fancy weekend night supper with hot veggies or a totally laid-back Saturday afternoon lunch with salads.

LAMB

500 – 600 g Lamb chops of your preference (leg chops were used)
1 teaspoon Salt
½ teaspoon Freshly ground pepper
1 tablespoon Olive oil
1 tablespoon Butter
1 medium Onion, finely chopped
1 cup Mushrooms, sliced
2 cloves Garlic, minced

½ cup White wine
2 cups Water/ stock
1 tablespoon Flour
1 tablespoon Mustard powder
1 teaspoon Turmeric
1 tablespoon Lemon juice
½ cup Fresh cream
¼ cup Fresh herbs, chopped (rosemary, thyme, parsley, chives)

METHOD

1. Season the lamb chops with salt and pepper, and place in a large pan over medium heat, searing them on both sides until they begin to brown.
2. Remove from pan, heat the olive oil and butter and sauté the onions until translucent, then add mushrooms and minced garlic, cooking until well combined and mushrooms are lightly browned, about 3 to 4 minutes.
3. Deglaze the pan with white wine and loosen all the bits from the pan.
4. Stir in the flour, mustard, turmeric, salt and pepper and lemon juice.
5. Return lamb chops to the pan and add water or stock just enough to submerge the lamb pieces. Make sure the sauce is well blended, then let mixture come to boil.
6. Once it begins to boil, turn down the heat and simmer for about one hour on low while covered until the sauce is reduced and the lamb chops are cooked through.
7. Add the cream and bring back to the boil. Garnish with freshly chopped herbs. Serve with rice and seasonal vegetables or crusty bread and a fresh salad.

