

## Seared Lamb Chops

### Ingredients

- Bone-in lamb loin chops (if there is a thick layer of fat, trimming is recommended)
- Salt (coarse ground kosher is preferred)
- Freshly ground black pepper
- 2 Tbsp extra-virgin olive oil
- Butter to taste
- Garlic to taste (smashed cloves)
- Fresh herbs

### Preparation

1. Bring the lamb chops to room temperature (about 30 minutes out of the refrigerator before you plan to cook them)
2. Season the lamb chops with coarse salt and freshly ground black pepper on both sides
3. Heat the pan (cast iron is best) over medium-high heat until hot, add the oil so it can get hot before placing the lamb chops in, making sure not to crowd the pan
4. Cook the lamb chops 3-4 minutes without moving, then use the tongs to flip and cook on the other side for another 3-4 minutes
5. Reduce the heat to low and add the butter, garlic, and fresh herbs to the pan
6. As the butter melts, spoon it over each of the lamb chops for about 5 minutes
7. Remove the pan from the heat and let the lamb chops sit for about 10 minutes until they reach a temperature of 125° (for medium-rare)
8. Serve immediately

