

Lamb Chops with Bourbon Cream Sauce

Serving size: 2 chops, sauce and mushrooms

Serves: 4



3-4 lbs lamb rib chops (approx. 8 chops, 3 oz. of meat/chop)

Kosher salt and freshly ground black pepper

2 T. olive oil

1/4 c. onion, chopped

2 cloves garlic, chopped

1 lb. button mushrooms, quartered

2/3 c. bourbon

1 c. stock (lamb, chicken, or beef)

1/4 c. soy creamer

1 T. fresh thyme leaves



Sprinkle the lamb chops with salt and pepper. Set at room temperature for about 10 minutes.

In a large skillet, heat oil over medium high heat. When oil is hot, add lamb chops. Cook partially covered for about 4-5 minutes per side. Remove chops from the pan, set on a plate and cover.

Reduce heat to medium-low and add onion and garlic, then cook for 1 minute. Add mushrooms and cook for 4 minutes, stirring frequently. Add bourbon and scrape the browned bits from the bottom of the pan. Cook for a few minutes and add the stock. Bring to a low simmer, adjusting the heat as needed. Cook until the liquid has reduced and has thickened slightly. Turn off the heat, and stir in creamer and thyme. Add salt and pepper to taste.

Spoon mushrooms over chops and drizzle with sauce to serve.

Estimated calories: 595 cal/serving