



Lamb Chops

Ingredients:

- 1 teaspoon chopped fresh rosemary (Organic sprigs at Trader Joes)
- 1 teaspoon chopped fresh thyme (Organic sprigs at Trader Joes)
- 1/2 teaspoon celtic sea salt (Grey celtic sea salt from Cones, lots of minerals)
- 1 garlic clove, minced
- 1-2 packages of lamb chops (organic grass fed New Zealand Lamb from Trader Joes)
- 1 teaspoon olive oil, 1 teaspoon real butter

Directions:

Take out lamb and rub with salt, rosemary, thyme, and garlic. Let sit on a plate while you heat skillet so lamb can get close to room temp. Heat a large skillet over medium/high heat. Add oil and butter (butter for flavor and oil stops butter from burning). Swirl to mix and coat skillet. Cook lamb for 3 minutes on each side to allow them to brown on the outside. Then turn heat down to med/low and cook to desired doneness. I like to have mine on no longer than 15-20 minutes total.