



Cranberry Orange Lamb Chops

Serves 2

Ingredients:

6 Frenched Lamb Chops or 4 Loin Chops, 1" thick

½ cup sugar

1 cup cranberries

¼ cup orange juice

1 tsp grated orange rind

1 tsp Dijon mustard

pinch of allspice

Preparation:

In a small saucepan over medium heat, combine sugar, cranberries, orange juice, rind, Dijon mustard and allspice. Cook until mixture boils and cranberries pop (about 10 to 12 minutes). Set aside.

In a preheated broiler, 4" from heat, broil lamb chops on one side for 6 minutes.

Turn chops and broil 4 minutes longer. Spoon one generous teaspoonful of sauce over each chop. Broil for 1 minute longer. Serve extra sauce on the side.

Serve with parsley potatoes and vegetables julienne.