

Lamb Chops with Minted Hollandaise Sauce

By Sharon123 on November 20, 2002



12 Reviews



Prep Time: 15 mins

Total Time: 35 mins

Servings: 4

About This Recipe

"Instead of the traditional mint sauce, lamb chops are served here with a creamy hollandaise sauce flavored with fresh mint. The sauce is not difficult to make, as long as it is cooked over gentle heat. Enjoy!"



Photo by Scarlett516

Ingredients

- 4 shoulder lamb chops
- olive oil
- salt and black pepper

Minted hollandaise sauce to serve

- 2 teaspoons lemon juice
- 2 teaspoons white vinegar
- 3 egg yolks, at room temperature
- 1/4 lb unsalted butter
- 2 tablespoons chopped fresh mint
- salt and pepper, to taste

Directions

1. Brush the chops on both sides with a little oil and season with black pepper.
2. Put the chops under the broiler, 4 inches from the heat, and cook for 3-4 minutes on each side for medium-rare chops, slightly longer for well-done.
3. Arrange the lamb chops on warmed serving plates and serve immediately with the warm minted hollandaise sauce.
4. Good served with asparagus and a carrot salad.
5. Hollandaise sauce: Whisk together the lemon juice, vinegar, and egg yolks.
6. Put over a saucepan of simmering water and whisk until thick.
7. Melt the butter and add, a little at a time, to the egg-yolk mixture, whisking constantly until the sauce thickens.
8. Stir in the fresh mint and season with salt and pepper to taste.
9. Transfer to a gravy boat and serve immediately.
10. Variation: Lemon and Thyme Hollandaise: Make the sauce as directed, substituting 1 tsp grated lemon zest and 1 tbs chopped fresh thyme for the chopped mint.
11. Serve with the lamb chops.

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