

Lamb Shoulder Chops Pizzaiola

By Oolala on February 16, 2007



2 Reviews



Prep Time: 10 mins

Total Time: 1 hr

Servings: 4-6

Ingredients

- 4 -6 shoulder lamb chops, one per person

for the seasoned flour

- 1 cup flour
- 1/2 tablespoon paprika
- 1 pinch cayenne pepper
- salt, to taste
- 1/4 teaspoon pepper

For the lamb preparation

- 4 tablespoons olive oil
- 3 tablespoons tomato paste
- 1/2 cup onions, chopped
- 6 garlic cloves, chopped
- 1 cup white wine
- 1 (12 ounce) cans tomatoes, crushed
- 1/4 teaspoon dried oregano
- 4 -6 slices mozzarella cheese, one slice per person

Directions

1. Prepare seasoned flour by mixing all flour ingredients together in a bowl.
2. Cover chops with the seasoned flour.
3. Heat 3 of the tablespoons olive oil in a skillet and brown chops on both sides.
4. Remove browned chops to a plate and discard fat left in skillet.
5. To skillet, add the remaining 1 tablespoons oil and heat it.
6. Add tomato paste, onions, garlic and saute for 2-3 minutes.
7. Add white wine, crushed tomatoes and oregano.
8. Return chops to skillet, cover and braise over low heat for 45 minutes or until tender.
9. Remove chops, top with cheese and keep warm in oven until melted.
10. Serve immediately.

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