

Maple and Apple Braised Lamb Shoulder Chops

By GREG IN SAN DIEGO on July 15, 2007



2 Reviews



Prep Time: 15 mins

Total Time: 45 mins

Servings: 4

About This Recipe

"A fruity lamb chop, complimented by serving with mashed potatoes or squash."

Ingredients

- 8 shoulder lamb chops
- salt & freshly ground black pepper
- 1 tablespoon olive oil
- 1 cup apple juice
- 1/2 cup chicken stock
- 1/3 cup maple syrup
- 2 tablespoons lemon juice or 2 tablespoons cider vinegar
- 1 large granny smith apples, peeled and thinly sliced
- 8 seeded prunes, sliced
- salt and fresh pepper, to taste

Directions

1. Trim the chops of external fat and season to taste with salt and pepper.
2. Heat the oil in a large, heavy based pan and saute the chops on a high heat for 2 minutes each side or until browned.
3. Combine the apple juice, stock, maple syrup and lemon juice and add to the pan.
4. Reduce heat, cover and simmer over a low heat for 30-40 minutes or until lamb is very tender.
5. Remove lamb from pan, cover with foil and keep warm.
6. Boil the remaining juices until thick and syrupy.
7. Return the lamb for a few minutes to heat through and coat well with the sauce.
8. Serve the Lamb chops with the mashed potatoes or squash and spoon the sauce, apples and prunes over the chops.

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