

Pistachio Crusted Lamb Loin Chops

Pan seared lamb loin chops, brushed with Dijon mustard and topped with crushed pistachios and goat cheese. Served with pan roasted potatoes, carrots, sugar peas, and red wine sauce.

By Chef Luis Ayllon

Servings: 4

Ingredients

8 lamb loin chops, cut one inch thick, silver skin removed

salt and pepper, to taste

granulated garlic, to taste

4 ounces olive oil

2 2/3 teaspoons Dijon mustard

2 ounces pistachio nuts, crushed and chopped

2 ½ – 3 ounces goat cheese

2 large russet potatoes, peeled, cut in 1/8 inch thick half round slices, blanched

3 medium carrots, cut in ½ inch thick, and 3 inches thick “batons”, blanched

3 ounces sugar peas, cut in julienne, quickly blanched

4 ounces unsalted butter

8 ounces red wine sauce (not demonstrated)

*** Note**

Chef Luis also uses his secret **Mediterranean spice** when seasoning his lamb (which contains chili powder, granulated garlic, paprika, curry, salt, cumin, Italian seasoning, and pepper).

Directions (Preheat oven to 400 degrees)

For the lamb:

Season the lamb chops on both sides with a little salt, pepper, garlic.

In a medium sized skillet, heat 2 ounces olive oil over high heat, until very hot and just beginning to smoke. Place the chops in the pan and sear on one side until golden brown (approximately one minute).

Flip the chops over and sear briefly on the other side (less than 30 seconds).

Remove the chops from the pan and place the chops on a plate until you are ready to finish cooking (you aren't done with the pan yet).

Evenly coat the top of each chop with approximately 1/3 teaspoon Dijon mustard. Then top generously with the pistachios.

Return chops to the skillet and finish cooking in the oven for approximately 5 – 6 minutes until medium rare to medium temperature is achieved (longer if you prefer the meat more well done).

For the potatoes

In a medium sized skillet put 2 tablespoons butter and 2 ounces olive oil. Heat until the butter melts, stops “singing”, and begins to smoke. Add the potatoes, and let sit cooking in the pan until the potatoes begin to brown on the bottom. Then move them around and continue cooking until most get golden brown around the edges. Season with salt, pepper and garlic.

For the carrots and sugar peas

Place 2 tablespoons butter and melt in a medium skillet, set over medium high heat. Add the carrots and let them caramelize on ones side, then mix to move around, and add the sugar peas and cook for only a few more seconds before removing from heat. Season with salt, pepper, and garlic.

For individual plate presentation

Arrange the potatoes, vegetables and two chops per person on each plate. Top each chop with a generous piece of goat cheese. I recommend cutting 2 ½ – 3 ounces section of a goat cheese log in half lengthwise, and cut those in ½ inch slices.

Top each plate with 2 ounces red wine sauce (see separate recipe – not demonstrated).

Red Wine Sauce for Pistachio Crusted Lamb Loin Chops

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Ingredients

1 medium shallot, finely diced
4 cloves garlic, minced
1 tablespoon tomato paste
½ teaspoon Italian seasoning
1 ½ ounces olive oil
1 cup red wine
16 ounces water
4 teaspoons Better Than Bouillon brand beef base (Costco sometimes carries it).
3 teaspoons cornstarch
4 – 5 teaspoons cold water

Optional equipment:

Immersion blender

Directions

In a small pot, add 1 ½ ounces of olive oil over medium heat add the shallots and garlic and sweat for approximately one minute (don't burn the garlic). Then add the Italian seasoning and tomato paste and cook for a few more seconds.

Add the red wine and reduce for a few minutes to cook out the alcohol.

Add the 16 ounces of water along with the beef base. Whisk and bring to a boil. Simmer for approximately 10 minutes.

Mix the cornstarch with approximately 4 - 5 teaspoons cold water to make a slurry.

Whisk the cornstarch mixture into the sauce while boiling and cook for a couple more minutes to thicken the sauce.

Season to taste with salt and pepper.

Blend with immersion blender for a smoother sauce.

Directions for Blanching the Potatoes, Carrots, and Sugar Peas for Pistachio Crusted Lamb Loin Chops Recipe

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Ingredients

2 russet potatoes, peeled, cut
in half lengthwise and cut
crosswise in 1/8 inch half-
round slices

3 medium size carrots, cut in 3
inch lengths and 1/2 inch thick
“batons”

3 ounces sweet peas, cut in
julienne

Directions

To blanch the potatoes

Put the potatoes in a pot, cover with water and bring to a boil and cook for approximately 3 minutes until just cooked but not falling apart. Drain and rinse with cold water to stop the cooking.

To blanch the carrots

Drop the carrots into a pot of boiling water and cook for approximately 3 1/2 minutes. Drain and rinse with cold water to stop the cooking.

To blanch the sweet peas

Drop the sweet peas in boiling water and cook for 20 seconds. Drain and rinse with cold water to stop the cooking.