

Lamb Chops with Golden Raisin-Honey Glaze

Serving Size: Makes 4 servings

Prep Time: 15 minutes

Cook Time: 45 minutes

Ingredients

4 (4-5 ounce) lamb loin chops
1 teaspoon kosher salt
1/8 teaspoon ground black pepper
1 teaspoon sesame oil, separated
2 shallots, thinly sliced
1 cup low-sodium chicken broth
2 tablespoons honey
1/2 teaspoon cinnamon
1/2 cup golden raisins

Instructions

Sprinkle lamb chops evenly with kosher salt and ground black pepper. Set aside.

Heat a medium saucepan, add 1/2 teaspoon sesame oil. Sauté shallots until soft, approximately 2 minutes.

Add chicken broth, honey, cinnamon and raisins. Bring to a simmer, allow to reduce by half, approximately 20 minutes.

Heat a large skillet with remaining 1/2 teaspoon sesame oil, add lamb chops. Sear lamb (cook approximately 4 minutes on each side). Add broth mixture to the skillet. Turn to coat. Allow lamb to continue cooking until degree of desired doneness is achieved, approximately 10 minutes.

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