

HONEY BALSAMIC LAMB CHOPS

Paired with 2014 Cabernet Sauvignon, Lagomarsino Vineyard, Russian River Valley

INGREDIENTS

- 4 lamb chops
- Freshly ground pepper
- Freshly ground sea salt
- 2 tablespoons canola oil
- ¼ cup balsamic vinegar
- 1 tablespoon honey
- 1 tablespoon grainy mustard
- 1 clove of garlic
- 1 teaspoon lavender flowers
- 1 green onion, diced
- Pinch sesame seeds

PREPARATION

Pat lamb chops dry with a paper towel and season both sides with salt and pepper.

In a small bowl, whisk together vinegar, mustard, garlic and lavender.

Heat canola oil in a frying pan on high and place each chop in pan. Sear both sides.

Pour vinegar mixture into the pan and reduce heat to low.

Evenly coat chops in vinegar mixture and heat chops until mixture has thickened and chops appear sticky. Remove from pan.

Rest chops 5 minutes. Garnish with sesame seeds and green onion and enjoy.

Serves 2

Recipe created by St. Francis Executive Chef Bryan Jones

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