

THE RIVER CAFE LOOK BOOK



PHAIDON

BEATEN LAMB CUTLETS

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*These lamb chops can be eaten with your hands.
The thinner you can make them the better. They are also
good grilled on the barbecue.*

Ingredients:

16 lamb chops

3 tablespoons extra-virgin olive oil, for brushing

sea salt and freshly ground **black pepper**

2 lemons, halved, to serve

Serves 4

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1. Trim all the fat from the chops.
2. Using a mallet or a rolling pin, carefully press to flatten out the meat as thin as you can. Once flattened, each lamb chop should be twice its original width.
3. Brush each chop on both sides with olive oil and season well with salt and pepper.
4. Heat a large frying pan over a high heat.
5. Working in batches, lay the chops side by side in the pan.
6. Fry over a high heat for 2 minutes to brown.

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- 7.** Turn over the chops with tongs and fry on the other side for 2 minutes.
- 8.** Repeat for the remaining chops until they are all cooked.
- 9.** Serve the chops in a pile with lemon halves. Eat with your fingers while still warm.