



## Southern Foods At Home “Romance” Recipe Of The Month Pan Roasted Lamb Chops With Rosemary Balsamic Syrup & Wilted Spinach

Serves 2

### Lamb Chops:

- 4 Premium lamb chops, trimmed of all visible fat
- 1 Teaspoon of finely minced garlic
- ½ Teaspoon salt, or to taste
- ¼ Teaspoon fresh cracked pepper, or to taste
- 2 Tablespoons olive oil to coat the pan
- ¼ cup of your favorite light red wine, such as pinot noir

### Wilted Spinach:

- ¼ Cup finely chopped red onion
- 1 Teaspoon chopped garlic
- 1 Tablespoon olive oil
- 1 Large bag of washed and ready to use spinach leaves
  
- First, make the balsamic rosemary syrup. In a non-reactive saucepan, combine ¾ cup of good quality balsamic vinegar and ¼ teaspoon of chopped fresh rosemary leaves. Over moderate heat, let mixture reduce until it is syrupy (this will take approximately 8-10 minutes). Please utilize your ventilation hood, or open a window during reduction process. Finished mixture will be about ¼ cup of syrup.
  
- Season lamb chops with salt and pepper. Heat olive oil in a skillet over medium high heat until it begins to smoke. Cook lamb chops for approximately 4-5 minutes per side, to yield medium rare. Remove chops and set aside. Add chopped garlic to skillet and cook until just softened (do not brown), about a minute or so. Take pan away from heat and add the wine to deglaze. Pour sauce over lamb chops and cover with foil to keep warm.
  
- In the same pan used for the lamb chops, combine the olive oil, onion, and garlic and cook over medium high heat until softened (about 3 minutes). Add spinach to the pan. Keep the spinach moving during the wilting process to prevent burning. This only takes about 2 minutes.

### Final Assembly:

Plate spinach onto serving plates. Place lamb chops over the spinach. Drizzle with balsamic rosemary syrup.

**Enjoy! Chef Mike**