

# Pretzel-Crusted Lamb Chops

Recipe By *Susie Fishbein*



Cooking and Prep:  30  
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Serves:  6

Contains:    

Preference: Meat

Difficulty: Medium

Occasion: Shavuot, Rosh

Hashanah, Sukkot

Source: Whisk by Ami

Magazine

## Ingredients (13)

### Main ingredients

- 9 cups mini salted pretzel twists, divided
- 1 cup all-purpose flour
- 3 large eggs
- 1 tablespoon **Gefen Worcestershire Sauce**
- 2 cloves fresh garlic, minced or 2 cubes **Gefen Frozen Garlic**

3/4 teaspoon dried rosemary, crumbled, divided

12 baby lamb chops

canola oil, as needed

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## Mustard Sauce

1/4 cup **Baron Herzog Chenin Blanc** or other white wine

1/4 cup **Gefen Plain Soy Milk**

1/4 cup spicy brown mustard

1/4 teaspoon **Tuscanini Fine Sea Salt**

1/8 teaspoon dried dill

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## Start Cooking

### Prepare the Lamb Chops

1. Set a cookie cooling rack into a jellyroll pan. Preheat oven to 375 degrees Fahrenheit.
2. Place one cup of the pretzel twists into the bowl of a food processor fitted with the metal "S" blade. Process for a full two minutes, until the pretzels are flour-like. Combine the processed pretzels with the flour in the first part of a three-part breading station or in a large shallow bowl. In the second part of the breading station, whisk the eggs, Worcestershire sauce, garlic, and half a teaspoon dried rosemary.
3. Break remaining pretzels as you place them into the food processor. Process, using on-off pulses, until they are coarse crumbs, larger than breadcrumbs; you should be able to see the texture of pretzels. Place into the third part of the breading station; do not use any powdered pretzels. Line up the flour, eggs, and pretzel crumbs, in that order.
4. Dredge both sides of each lamb chop in the flour, shaking off any excess, then in the egg, and then in the pretzel crumbs, pressing them in to adhere. Place onto the prepared rack.
5. Heat a thin layer of canola oil in large (12-14-inch) skillet over medium heat. Add the lamb chops, a few at a time, trying not to crowd the pan, and sear. Don't move the chops around once they hit the pan. When the crumbs are golden brown (about one to two minutes), use tongs to turn each lamb chop and cook for an additional one to two minutes, until the crumbs

are golden. Return the lamb to the cooling rack and continue until all are done, wiping out the pan between batches and adding more oil as needed. Place the pan with rack of lamb chops into the oven and cook the lamb for 10 minutes. The middle of the lamb chops should still be pink.

6. Meanwhile, in a small pot over medium heat, whisk the wine, soymilk, mustard, remaining quarter teaspoon rosemary, salt, and dill. Bring to a simmer. Cook for one minute until heated through. Serve the lamb chops with the mustard sauce.