

Rosemary Lamb Chops

Recipe By *Moshe Bloch*



Cooking and Prep:  20
m

Serves:  4

No Allergens

Preference: Meat

Difficulty: Easy

Diet: Paleo, Gluten Free, Low

Carb, Sugar Free

Source: Kosher.com

Exclusive

Simple, succulent, and perfectly seared rack of lamb. **Don't miss the latest episode of Skill'it.** ([Click here to sign up for notifications when new episodes air.](#))

Ingredients (5)

Main ingredients

- 4-bone rack of lamb
- Gefen Pink Himalayan Salt**
- black pepper
- fresh rosemary
- 2 tablespoons coconut oil

Start Cooking

Prepare the Rack of Lamb

1. Slice your rack of lamb into individual steaks following the bone. (You can french the bone for a more elegant look, if desired.)
2. Sprinkle a nice coating of Gefen Pink Himalayan Salt and black pepper, coating all sides.
3. Chop some rosemary and rub it over the lamb.
4. Place your lamb in a hot skillet with two tablespoons of coconut oil for basting your steaks. Add in a stick of rosemary and let your lamb cook for three to four minutes on each side.
5. Let it sit for 10 minutes before serving.

SKILL'IT

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