

Lamb Chop Yogurt Stew

- 1 lamb chop per serving
- salt
- pepper
- extra virgin olive oil
- minced garlic
- 1/2 onion per serving
- pine nuts
- rosemary
- [chicken broth](#) ^[1]
- yogurt
- cornstarch

Remove fat from meat. Salt and pepper the meat.

Heat oil in pan, over medium heat. Add garlic and onions to the pan, and cook the meat on both sides, about 2 to 5 minutes per side (depending on thickness).

Add pine nuts and rosemary, and cook for a minute more. Add enough broth to almost cover the chops. Bring to a simmer. Cover pan, and cook for 5 minutes.

Remove a bit of broth to a separate bowl. Add yogurt and cornstarch to the bowl, and whisk until smooth. Add the yogurt mixture back to the pot. Remove from heat and serve.

Serve with [rice](#) ^[2] (or [noodles](#) ^[3] or bread or [potatoes](#) ^[4]).

Preparation time: 30 minutes

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[1] <http://kitchen.unseelie.org/.283>

[2] <http://kitchen.unseelie.org/.225>

[3] <http://kitchen.unseelie.org/.227>

[4] <http://kitchen.unseelie.org/.136>