

Lamb Chops Milanese

Serves 4

Ali Barker

Ingredients:

2 racks of lamb, cut into individual chops

Salt

Freshly ground pepper

½ cup freshly grated Parmigiano Reggiano, spread in a dish

2 eggs, lightly beaten in a deep dish

1 cup panko, spread in a dish

Vegetable oil, enough to come ¼ inch up the side of the skillet

Procedure:

1. Lightly pound the chops.
2. Season the meat with salt and pepper.
3. Dip each chop in parmigiano cheese to coat evenly. Then dip into beaten egg, allowing excess to drip back into the dish. Gently press the chops into the crumbs so that there is an even crust on both sides of each chop.
4. Heat the oil in a frying pan over medium heat until it is very hot. Fry as many chops at one time as will fit loosely in the skillet. As soon as they have formed a nice crust, turn to cook the other side.
5. When both sides are golden, transfer to a sheet pan lined with paper towel. Continue with remaining chops and serve immediately.