



Ingredients

Serves 4

- a little olive oil
- 8 lamb chops
- 60g unsalted butter
- sea salt and black pepper
- crab apple jelly or mint jelly, to serve

For the vegetables:

- 2 fennel bulbs
- 40g unsalted butter
- a drizzle of olive oil
- 2 sprigs of thyme
- 50ml chicken stock (see pages 30–31)
- 100ml double cream
- 300g frozen petits pois, defrosted
- 1 rounded tablespoon chopped mint, plus extra to serve

Absolutely Foolproof Classic Home Cooking

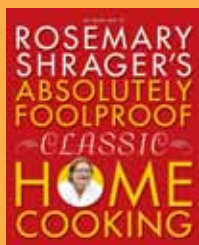
Lamb chops with fennel, peas and mint

A classic British dish with a bit of a twist. When frying I like to use olive oil and tend to finish it off by adding a little butter, which gives richness and colour. Remember to let the meat rest after frying. I generally allow it to rest for half the amount of time it took to cook.

1 Cut each fennel bulb lengthways in half, then slice each half into 6. Heat the butter and oil in a heavy-based frying pan, add the fennel and thyme and cook, turning occasionally, until the fennel has softened but not browned. Add the stock and toss well. Pour in the cream and simmer for a few minutes, until it starts to thicken. Stir in the petits pois and season to taste.

2 Rub a little olive oil over the lamb chops and season well on both sides with salt and pepper. Heat a heavy-based frying pan over a medium heat, drizzle in a little olive oil, then lay the chops in the pan. Turn the heat down a little so they do not burn. Cook for 3 minutes without moving them. Now turn on to the other side and continue cooking for 3 minutes. Add the butter and baste the chops with it as it melts. Cook for a further minute, then remove the chops from the pan to a warm plate and leave to rest for 4 minutes.

3 Stir the mint into the fennel and peas. Divide the mixture between 4 serving plates, put the lamb chops on top and sprinkle with mint. Serve with a small bowl of crab apple jelly or mint jelly on the side.



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