

# Mustard Molasses Lamb Chops

*Unit: Large Skillet or Electric Skillet*

## Glaze Ingredients:

<b>1 - Cup of dark molasses</b>	<b>3 - Tbsp of dijon mustard</b>
<b>2 - Tbsp of balsamic vinegar</b>	<b>1 - Tbps of ancho chili powder</b>
<b>2 -cloves of minced garlic</b>	

## Glaze Ingredients:

<b>6-8 - 3/4" Thick lamb chops</b>	<b>Salt and pepper</b>
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First, remove the lamb chops and let them rest on a plate to warm up for 10-15 minutes. Mix the glaze ingredients into a small bowl.

Preheat the skillet on medium-high heat until water beads like mercury when flicked into the unit. (400 on the electric skillet) Press the chops firmly into the unit and cook with the lid cracked open.

For medium-rare — cook 3-4 minutes per side. For medium, cook for 6 minutes on the second side with the lid sealed.

Remove the chops from the unit and let them rest on a plate. Reduce the heat to medium heat and pour the glaze mixture into the unit. Stir until the glaze mixture until the pan is deglazed. Remove the unit from heat and serve the chops with the glaze spooned over them.