

Lamb Chops with Sherry Mint Sauce

4 servings; 1/2 cup sauce

From the award winning book **Passion for Coffee**

This sherry-mint preparation goes great with the coffee and the lamb. It is a tangy mixture that the coffee softens and smoothes out to a finger-licking goodness. There is no other word but DIVINE. I personally prefer tiny lamb chop racks, and I can eat a whole one myself. Whichever size you get, buy the best quality young lamb, and lick up this dish to the bones!

Try this with white wine and chicken breasts for a great variation (see below).

8 rib lamb chops, each 5 ounces, 1-inch thick (have your butcher french the bones)
3 tablespoons grated onion
1 teaspoon minced garlic
2 tablespoons minced fresh mint leaves
1/2 teaspoon freshly ground black pepper
1 1/2 tablespoons olive oil
1 1/2 teaspoons freeze-dried or granulated instant coffee
1 1/2 teaspoons water
1/2 cup beef stock or broth
3 tablespoons amontillado sherry
1 tablespoon sherry vinegar
1 1/2 tablespoons honey
1/2 teaspoon salt
1 tablespoon all-purpose flour
1 tablespoon softened butter

1. Coat the chops with the onion, garlic, 1 tablespoon mint, 1/4 teaspoon pepper, and 1 tablespoon olive oil. Set aside in the refrigerator for 10 minutes.
2. In a bowl dissolve the coffee in the water. Add 1/4 cup stock, the sherry, vinegar, honey, remaining 1 tablespoon mint, and 1/4 teaspoon salt and 1/4 teaspoon pepper. Mix well.
3. Heat a sauté pan over medium heat. Sprinkle the chops with 1/4 teaspoon salt and sear for 2 to 3 minutes on each side. Pour the sauce and cover, reduce the heat to low and cook 5 minutes more. Turn the heat off, remove the chops and set aside covered for 5 minutes.
4. Pour remaining 1/4 cup stock into the sauté pan, deglaze the pan and add the rest of the sauce. Mix the butter and flour into a paste and add to the sauce, cook for 3 to 4 minutes or until the flour taste has gone and serve with the chops. (1/2 cup sauce) !Note: For a rack of 8 to 9 baby lamb chops, sear in a sauté pan for 3 minutes on the meat side and 2 minutes on the bottom side. Transfer to a baking pan and bake at 400°F for 20 minutes for medium. Make the sauce in the sauté pan, cut the rack into portions, and serve the sauce on top.



Del libro premiado... Pasión por el Café.

Chuletas de Cordero con Salsa de Menta y Café

4 porciones

8 chuletas de cordero de 1 pulgada de grosor
3 cucharadas cebolla rallada
1 cucharadita ajo machacado
2 cucharadas hojas de menta picadas
1/2 cucharadita pimienta
1 1/2 cucharadas aceite de oliva
1 1/2 cucharaditas café instantáneo Buendía
1 1/2 cucharaditas agua
1/2 taza caldo de res
3 cucharadas jerez
1 cucharada vinagre de jerez
1 1/2 cucharadas miel de abejas
1/2 cucharadita sal
1 cucharada harina
1 cucharada mantequilla suave

1. Unte las costilla con cebolla, ajo, 2 cucharadas de menta picada, , 1/4 cucharadita pimienta, y 1 cucharada aceite de oliva. Deje a un lado a sazonar 10 minutos.
2. Mezcle el café y el agua, agregue 1/4 de taza de caldo, jerez, vinagre, miel, el resto de menta, y 1/4 cucharadita sal y 1/4 cucharadita de pimienta y mezcle bien.
3. Coloque la sartén a fuego medio. Espolvoree sal y pimienta sobre cada chuleta y cocine de 2 a 3 minutos por cada lado, tape

y cocina 5 minutos mas.. Retire las chuletas de la sartén, tape y deje reposar 5 minutos.

4. Agregue el resto de caldo a la sartén, raspe con una cuchara el pegado y vierta la salsa. Mezcle la mantequilla con el harina para formar una pasta, agréguela a la