



Dijon Crusted Chops

 The Food
Connection



SERVINGS: 6

INGREDIENTS

Marinade

- 5 cloves garlic, minced
 - 1 sprig rosemary, stripped and minced
 - 1 tablespoon lavender flowers
 - ½ teaspoon freshly ground or crushed black pepper
 - ¼ to ½ cup olive oil
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- 8 goat chops
 - ¼ cup Dijon mustard
 - 1 cup bread crumbs (panko will give you more crunch)
 - 3 teaspoons Italian seasoning, Greek herb mix, or herbes de Provence mix
 - 2 teaspoons salt, divided
 - Oil for cooking

DIRECTIONS

Blot chops with a paper towel if necessary to remove excess moisture. Combine garlic, rosemary, lavender, pepper and olive oil until blended. Generously coat the chops on both sides and place in a shallow container with a lid. Pour any leftover marinade over the chops. Cover and refrigerate chops at least 4 hours or overnight if possible.

Heat your oven to 400° F. Heat a heavy bottomed, oven-proof skillet on medium heat. Salt chops generously on top side. Add a little oil to the bottom of your pan, about 2 tablespoons. Carefully place the chops in the pan, seasoned side down. Season the second side while they sear. Work in batches to not overcrowd the pan or you won't get good browning. Leave each side of the chops down for 3 to 4 minutes or until well browned, then flip over and repeat. When seared on both sides remove to a sheet pan, leaving your saute pan on low to medium heat (turn down if oil starts to smoke).

Add 1 teaspoon salt, and herb mixture to bread crumbs and mix in a shallow pan. Using a pastry brush, paint both sides of each chop with Dijon mustard. Dip each side in the breadcrumb mix and press to coat, then flip over to the other side.

Return the chops to the pan to lightly brown the breadcrumbs, about 3 minutes per side. If all of your chops fit in one pan, then slide that pan into the oven. If not, once crispy and golden brown on both sides, transfer to a sheet pan and place in the oven. Leave in the oven about 12 minutes, turning once, or until your internal temperature is at least 145 degrees.

Serve with your favorite sides and sauce.