

1. Preheat the oven to 450°F.
2. Season the lamb racks with salt and pepper.
3. Place a large ovenproof skillet over medium-high heat and add the olive oil.

TO MAKE THE LAMB CHOPS

1. Place the olives, parsley, olive oil, garlic, and lemon juice in a food processor and process until the mixture is pureed but still slightly chunky.
2. Transfer the tapenade to a container and store sealed in the refrigerator until needed.

TO MAKE THE TAPENADE

- FOR THE TAPENADE**
- 1 cup pitted Kalamata olives
 - 2 tablespoons chopped fresh parsley
 - 2 tablespoons extra-virgin olive oil
 - 2 teaspoons minced garlic
 - 2 teaspoons freshly squeezed lemon juice
- FOR THE LAMB CHOPS**
- 2 (1-pound) racks French-cut lamb chops (8 bones each)
 - Sea salt
 - Freshly ground black pepper
 - 1 tablespoon olive oil

Lamb racks seem like the epitome of fine dining, perfectly cooked and cut into chops that are arranged in patterns with elegant bones pointing to the ceiling. Fenching the racks—removing the meat from the upper bones cleanly—is not difficult but can certainly be time consuming if you have never done it before. If you get the racks from your local butcher, you can always ask them to do the work for you to save valuable kitchen time.

Serves 4 / Prep time: 15 minutes / Cook time: 25 minutes

LAMB CHOPS WITH KALAMATA TAPENADE

KETO QUOTIENT



DAIRY FREE
GLUTEN FREE
NUT FREE

4. Pan sear the lamb racks on all sides until browned, about 5 minutes in total.
5. Arrange the racks upright in the skillet, with the bones interlaced, and roast them in the oven until they reach your desired doneness, about 20 minutes for medium-rare or until the internal temperature reaches 125°F.
6. Let the lamb rest for 10 minutes and then cut the lamb racks into chops. Arrange 4 chops per person on the plate and top with the Kalamata tapenade.

SUBSTITUTION TIP Kalamata olives are grown in Greece and are a glorious purple-black color. Keep an eye out for unusual olives to try with this recipe, and try to avoid the standard canned black olives, which are often processed unripe fruit.

PER SERVING Calories: 348; Fat: 28g; Protein: 21g; Carbs: 2g; Fiber: 1g;
Net Carbs: 1g; Fat 72%/Protein 25%/Carbs 3%