

Lamb Shoulder Chops Pizzaiola recipe



RECIPE SERVES 4



AUSTRALIAN LAMB

- 4 Australian lamb shoulder chops
- ¼ teaspoon black pepper
- 4 tablespoons olive oil
- 3 tablespoons tomato paste
- ½ cup onions, chopped
- 6 cloves garlic, chopped
- 1 cup white wine
- 12 ounces tomatoes, canned, crushed
- ¼ teaspoon oregano, dry, flaked
- mozzarella cheese, grated

SEASONED FLOUR

- 1 cup flour
- ½ tablespoon paprika
- pinch cayenne pepper
- salt to taste

1. Prepare seasoned flour in a medium bowl and cover chops with mixture.
2. Heat 3 tablespoons olive oil in skillet. Brown chops on both sides until light brown. Remove chops from skillet onto plate. Discard fat from skillet. Heat 1 tablespoon of olive oil in skillet. Add tomato paste, onions, garlic and sauté for

2-3 minutes. Add white wine, crushed tomatoes and oregano. Return chops to skillet, cover and braise over low heat for 45 minutes or until tender. Remove chops and keep warm in oven.

3. Purée all the sauce in blender. Cover meat with sauce. Top with mozzarella cheese.