



*Douro*

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## Costeletas de Carneiro Escondidinho

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lamb chops with port, mustard,  
and cream

*This flavorful dish comes from Oporto, the commercial heart of northern Portugal and the center of the port wine trade. The contrast of the nuttiness of the wine, the heat of the mustard, and the richness of the cream works well with lamb chops or lamb loin. Serve with fried potatoes and sautéed carrots with mint.*

12 loin lamb chops, each about 1½ inches (4 cm) thick

salt and freshly ground pepper to taste

2 tablespoons olive oil or unsalted butter

1 cup (8 fl oz/250 ml) dry port

3 tablespoons Dijon mustard

1 cup (8 fl oz/250 ml) heavy (double) cream

👑 Sprinkle the lamb chops with salt and pepper. In a large, heavy frying pan over medium-high heat, warm the olive oil or melt the butter. Add the chops and cook, turning once, until well seared and cooked to desired doneness, about 10 minutes for rare and 14 minutes for medium-rare. Transfer to a warmed platter and keep warm.

👑 Remove the pan from the heat, add the port, and deglaze the pan, stirring to dislodge any browned bits from the pan bottom. Return the pan to medium heat and simmer the port for a minute or so to burn off the alcohol. Whisk in the mustard and cream and continue to simmer until thickened, about 5 minutes. Season with salt and pepper.

👑 Return the chops to the pan and swirl them in the sauce. Transfer to warmed individual plates, spooning the sauce over the top, and serve at once.

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serves 6