

Lamb Chops Polynesian



Ingredients:

4 shoulder-cut Alberta lamb chops
1 can pineapple rings and juice
Salt & pepper to taste
2/3 cups water
¼ tsp. salt
1 tsp. butter
2/3 cups instant rice

Method:

Thoroughly brown chops in a small amount of fat. Turn down and add pineapple juice. Put pineapple ring on each chop, season, cover and cook 15 minutes on low heat. Bring water, salt and butter to boil, stir in rice. Cover, remove from heat and stand for 8 minutes. Arrange rice and pineapple chops on platter, pour pan juice over the top.

Recipe courtesy of L.G. & Tina Fellger, Magrath, Alberta

Your Notes



You've got **GREAT** taste!

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