

## How to cook [Goat](#) Cutlets

Pre heat oven to 350 degrees.

On a sheet pan lined with [parchment paper](#) lay out goat chops.

Bake for 60 minutes. Baste chops with oil sauce at 40 minutes and again at 50 minutes.

Plate and garish with parsley and sesame seeds.

Serve and enjoy.

### **Best cooking methods - Pan-fry, BBQ**

Trim most of the fat from the lamb cutlets. Rub lamb with a little oil and season well with sea salt and freshly ground black pepper. Place lamb cutlets into a hot frying pan and sit standing up on the rim of fat - you will need to use tongs to do this. Cook for a couple of minutes until the fat becomes golden and crispy, then lay flat in the pan. Cook for 3 minutes per side for meat that is just pink. Cook for a couple more minutes if you prefer your lamb more well done. Remove with tongs and leave to rest for 10 minutes before serving.

If using a barbecue, preheat the grill until it is piping hot. The meat should sizzle on contact. Let the cutlet cook on one side until

moisture appears, then turn once using tongs after 3 minutes allowing the other side to cook for another 3 minutes judging on the thickness of the cutlet. Soft and springy will produce a medium-rare result, while firm and springy will produce medium, and firm for well done.