

# Lamb or Pork Chops

Chops are obviously meat surrounded by bone. Pork chops tend to be larger than lamb, but then .

## Ingredients

2 lamb chops per person

*or*

1 pork chop per person

## Method

Wash the meat to ensure no odd bits of bone get cooked.

Smear a little oil on a roasting tray, pop the chops on, and roast in the oven at gas mark 5 for 30 minutes.

Maybe give pork chops a few minutes extra.

## To Serve:

Serve with veg<sup>1</sup> of your choice.

## Variation

1) Chops can be cooked in a frying pan over a medium heat, in which case also fry some onion and mushrooms to collect the intense flavour from the juices.

2) See Porks Chops Caribbean Style<sup>2</sup>

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<sup>1</sup><http://www.fairtradecookbook.org.uk/recipes/vegetables.htm>

<sup>2</sup>[http://www.fairtradecookbook.org.uk/recipes/pork\\_chops\\_antigua.htm](http://www.fairtradecookbook.org.uk/recipes/pork_chops_antigua.htm)