

**Recipe Name:** Lamb Chops with Mint Jelly**Recipe Category:** Lamb**Portion Size:** 3 oz. boneless, 5 oz. with bone**Ingredients:** Yields: 8 servings

Ingredients	Notes:
8 (5 ounces each) lamb chops or 16 (2 1/2 oz.) lamb chops	
1 teaspoon garlic powder	
1/2 teaspoon salt	
1/2 teaspoon pepper	
1/2 cup Mint jelly	

**Directions:**

Steps:	Directions:	Critical Control Point /Quality Assurance
1	Preheat broiler.	Trim all visible fat
2	Season chops with garlic, salt and pepper.	
3	Place chops on unheated rack of a broiler pan.	
4	Broil for 4 to 5 inches from the heat for 10 to 15 minutes or until done, turning meat half way through broiling. Serve with mint jelly.	Cook until internal temperature reaches 145° F

**Time Temperature Sensitive food.** Food safety Standards: hold food for service at an internal temperature above 140° F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41° F. Follow proper cooling procedures. Store leftovers in a tightly sealed, labeled and dated container. Use leftover within 72 hours if stored in refrigerator or 30 days if stored in the freezer. Reheat leftover product quickly (within 2 hours) to 165 degrees F for 15 seconds. Reheat left over product only once; discard if not used. Cold holding at 41° F or colder or using time alone (less than four hours). Always wash hands and wash and sanitize counter tops utensils and containers between steps when working with raw meat.

**Texture Modified Diets:**

**Soft & Bite Size:** (aka Bite size) **Food particle size 1/2 inch (~width of standard fork)** Food must be moist. Cut foods with a knife to a 1/2" particle size after cooking. Moisten with broth as needed after cutting.

**Chopped:** **Food particle size 1/4 inch (~ 1/2 width of standard fork)** Food must be moist. Chop foods with a knife to 1/4" particle size after cooking. Moisten with broth as needed after chopping.

**Minced and Moist:**(aka Minced/Mechanical Soft/Ground) **Food particle size 1/8 inch (fits through prongs of standard fork)** Food must be moist. Use a food processor to grind food particles into 1/8 inch after cooking. Moisten with broth as needed after processing.

**Pureed: Smooth and cohesive.** Use a food processor to puree to a smooth consistency. Foods are processed by grinding and then pureeing them. May add milk or sauce to puree. Do not add to much liquid. Puree should still hold its shape. Must not be firm or sticky. Puree foods while still hot. Appearance should be smooth like pudding.

Serve 1/2 c. serving topped with mint jelly.

**Therapeutic Modified Diets:**

**Lowfat:** Trim all visible fat.

**Diabetic/No added Sugar/No Conc. Sweets/Calorie Controlled:** Omit jelly

**Bland/Anti Reflux:** Omit garlic and pepper.

**Liberal House Renal:** Omit salt.

**No Added Salt:** No changes needed.

**2 Gram Sodium:** Omit salt

**Gluten Free:** No changes needed. Prepare foods separately to prevent cross contamination.

**Allergy Alerts:** When an "X" is present, this indicates the allergen is present.

**Always read all food labels to ensure allergens are not present.**

Wheat	Milk	Eggs	Fish Shellfish	Soy	Peanuts/Nuts	Other

Key: SF= Salt Free D= Diet or Sugarfree LF = Lowfat FF = Fat Free GF = Gluten Free