

# Lamb Loin Sear Recipe

## Ingredients

- 4 NEWZEE Lamb Loins
- 3-5 garlic cloves
- Organic cold pressed olive oil (100 ml or 7 tablespoons)
- Garden of Eden organic coconut oil
- Himalayan rock salt & fresh ground pepper
- Dried rosemary & dried thyme
- Cognac or brandy

## Instructions

- Sautée garlic on low heat for 10 mins while seasoning with salt and pepper.
- Rub rosemary & thyme into both loin sides then slather with coconut oil overtop herbs while garlic continues to sautée and brandy is heated on low.
- Place loins fatty side down on high heat for 1 minute, reduce to medium and sear for additional 2 minutes. Turn up heat to high for 30 seconds then flip loins. Reduce heat to medium and sear for additional two minutes.
- Turn heat up to high again, add warmed brandy and light to flambé if you know how to do safely.
- Remove loins, deglaze with red wine. Slice, plate and top with deglazed wine sauce and sautéed garlic.

Video instructions available at the Caveman in Japan YouTube Channel

[Watch Now on YouTube!](#)