

Rosemary Lamb Noisettes

<http://userealbutter.com/2010/04/03/rosemary-lamb-noisettes-recipe/>
modified from [Cooks Recipes](#)

16 oz. boneless lamb tenderloin (usually 2), with silver skin removed
1 1/2 tsps fresh rosemary, finely chopped
1 tbsp freshly ground pepper
1/2 cup all-purpose flour (optional – I omitted this)
1/2 tsp salt
3 tsps olive oil
rosemary sprigs

Trim any silver skin from the tenderloin and set aside. In a shallow bowl combine the rosemary, pepper, and salt (I used freshly ground pink Himalayan salt). Add the flour if you are using. Coat the tenderloins on all sides with the mixture. Heat the oil in a large sauté pan over medium flame. When the oil is hot, add the lamb and sear on all sides for 3-4 minutes. For rare, I let the internal temperature reach 115°F. For medium rare, I think you want the internal temperature to get to 125°F. Remove from heat and let the lamb rest for five minutes. The temperature will continue to rise a bit. Slice the tenderloins into medallions and serve with rosemary garnish. Serves 4.