

Tandoori Lamb Chops - Juicy, Spiced, and Perfectly Charred

Nothing hits the flavor spot quite like



OVEN
430°F

TIME
30 min

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INGREDIENTS

6 to 8 lamb chops
¾ cup hung curd (thick yogurt)
2 tbsp ginger-garlic paste
1 tbsp lemon juice
1 tbsp mustard oil, heated and cooled
1 tbsp Kashmiri red chili powder (for color)
1 tsp red chili powder (for heat)
¾ tsp turmeric powder
1 tsp garam masala
1 tsp cumin powder
1 tsp coriander powder
¾ tsp black pepper powder
Salt, to taste
1 tsp kasuri methi, crushed
Optional: a drop of red or orange food coloring
Butter or ghee, for basting
Fresh coriander or microgreens, for garnish

DIRECTIONS

- 1.** Clean & Score the Chops: Wash and pat dry the lamb chops. Lightly score the meat with a knife to help the marinade penetrate.
- 2.** First Marination (30 Minutes): Rub chops with:
- 3.** Lemon juice
- 4.** Salt
- 5.** Ginger-garlic paste
- 6.** Let rest for 30 minutes to tenderize and flavor the meat.
- 7.** Second Marination (4+ Hours): In a bowl, mix:
- 8.** Hung curd
- 9.** All spices and powders
- 10.** Mustard oil
- 11.** Kasuri methi
- 12.** Food color (if using)
- 13.** Coat the chops thoroughly. Cover and refrigerate for at least 4 hours, ideally overnight.
- 14.** Grill or Oven Cook: Grill Method:
- 15.** Preheat grill or tandoor to high heat.
- 16.** Grill chops for 8-10 minutes per side, basting with butter/ghee in between.
- 17.** Oven : Method:
- 18.** Preheat to 220°C (430°F).
- 19.** Bake on a rack for 20-25 minutes, turning halfway.
- 20.** Broil for an additional 2-3 minutes for a crisp finish.
- 21.** Serve: Let the chops rest for 5 minutes before serving. Garnish with fresh coriander or microgreens and serve with mint chutney, onion rings, and lemon

wedges.

TIPS FOR SUCCESS

Mustard oil is key for authentic tandoori flavor-don't skip it!

Use a wire rack when baking to allow air circulation and a better char.

Score the meat lightly for deeper flavor infusion.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/tandoori-lamb-chops-juicy-spiced-and-perfectly-charred/>