

Honey Garlic Lamb Chops: Juicy, Flavorful & Easy Grilled/Seared

Honey Garlic Lamb Chops: Juicy, Flavorful, and Effortlessly Gourmet!



OVEN
250°F

TIME
30 min

TEMP
145°F

PRINT
Recipe Card

INGREDIENTS

2 lbs lamb chops (loin chops, rib chops, or shoulder chops, about 1-inch thick)
2 tbsp olive oil
2 tbsp butter (unsalted preferred)
1 tbsp soy sauce (low sodium preferred)
2 tbsp honey
1 tbsp Dijon mustard
4 cloves garlic, minced
1 tsp smoked paprika
1 tsp ground black pepper
1 tsp salt
1 tsp dried oregano
1/2 tsp crushed red pepper (optional, adjust to taste)
1 tbsp balsamic vinegar
Fresh parsley (for garnish)

Swaps and Notes:

Lamb Chops: Loin or rib chops are excellent for pan-searing. Shoulder chops can also be used but may require slightly longer cooking. Ensure they are about 1-inch thick for even cooking.

Honey: Pure honey provides the best natural sweetness and helps with caramelization. Maple syrup can be a substitute for a different flavor profile.

Soy Sauce: Low-sodium soy sauce allows you to control the overall saltiness of the marinade.

Dijon Mustard: Adds a crucial tang and helps emulsify the marinade; it doesn't make the lamb taste like mustard.

Garlic: Freshly minced garlic provides the best aromatic flavor.

Smoked Paprika: Essential for adding a lovely smoky depth and color to the lamb.

Crushed Red Pepper (Optional): Adjust to your preferred level of heat.

Balsamic Vinegar: Added at the end, it reduces into a tangy, slightly sweet glaze that brightens the dish.

Fresh Parsley: Adds a pop of color and fresh herbaceousness as a garnish. Fresh rosemary or thyme could also be lovely.

Instructions:

Marinate the Lamb: In a medium bowl, combine 2 tbsp olive oil, 1 tbsp soy sauce, 2 tbsp honey, 1 tbsp Dijon mustard, 4 minced garlic cloves, 1 tsp smoked paprika, 1 tsp ground black pepper, 1 tsp salt, 1 tsp dried oregano, and 1/2 tsp crushed red pepper (if using). Whisk everything until thoroughly combined to make a thick, aromatic marinade. Add the lamb chops to the bowl, ensuring they are well coated on all sides with the marinade. Cover the bowl (or place in a zip-top bag) and let them marinate in the refrigerator for at least 30 minutes. For best, most intense flavor, marinate overnight (up to 12-24 hours).

Cook the Lamb Chops: Heat a grill or a large skillet (cast iron or heavy-bottomed pan works best) over medium-high heat until it's shimmering. Add 2 tbsp butter to the pan and let it melt until it begins to brown slightly. Place the marinated lamb chops in the hot pan. Sear for 3-4 minutes per side until they are beautifully golden brown and have a nice crust.

Reduce the heat to medium-low. Cover the pan (if using a skillet) and cook for another 3-5 minutes for medium-rare (internal temperature of 130-135°F / 54-57°C), or longer for your desired doneness (e.g., 140-145°F for medium). Use a meat thermometer for accuracy. Remove the lamb chops from the pan and set aside briefly.

Prepare the Glaze: In the same pan (don't clean it! Those browned bits are pure flavor!), add 1 tbsp balsamic vinegar and a bit more honey (1-2 tsp, to taste) if desired for extra sweetness. Bring to a gentle simmer and let it reduce for 2 minutes, stirring, until it forms a slightly thickened, glossy glaze, scraping up any browned bits from the bottom.

Serve: Return the lamb chops to the pan for a quick toss in the glaze (optional, or just drizzle over).

Garnish generously with fresh chopped parsley and serve hot with sides like roasted potatoes or

garlic bread.

Tips for Success:

Marination Time: While 30 minutes is good, marinating overnight truly infuses the lamb with maximum flavor and tenderness.

Room Temperature Lamb: Let the lamb chops sit out for 15-20 minutes before cooking for more even results.

Hot Pan, Good Sear: High heat is essential for getting that beautiful golden-brown crust on the lamb chops.

Don't Overcrowd: Cook lamb chops in batches if your pan isn't large enough to ensure proper searing, not steaming.

DIRECTIONS

1. Making these : Honey Garlic Lamb Chops is a straightforward process of marinating, searing, and glazing, all coming together in one pan!
2. Marinate the : Lamb: In a medium bowl, combine 2 tbsp olive oil, 1 tbsp soy sauce, 2 tbsp honey, 1 tbsp Dijon mustard, 4 minced garlic cloves, 1 tsp smoked paprika, 1 tsp ground black pepper, 1 tsp salt, 1 tsp dried oregano, and 1/2 tsp crushed red pepper (if using). Whisk everything until thoroughly combined to make a thick, aromatic marinade. Add the lamb chops to the bowl, ensuring they are well coated on all sides with the marinade. Cover the bowl (or place in a zip-top bag) and let them marinate in the refrigerator for at least 30 minutes. For best, most intense flavor, marinate overnight (up to 12-24 hours).
3. Cook the : Lamb Chops: Heat a grill or a large skillet (cast iron or heavy-bottomed pan works best) over medium-high heat until it's shimmering. Add 2 tbsp butter to the pan and let it melt until it begins to brown slightly. Place the marinated lamb chops in the hot pan. Sear for 3-4 minutes per side until they are beautifully golden brown and have a nice crust.
4. Reduce the heat to medium-low. Cover the pan (if using a skillet) and cook for another 3-5 minutes for medium-rare (internal temperature of 130-135°F / 54-57°C), or longer for your desired doneness (e.g., 140-145°F for medium). Use a meat thermometer for accuracy. Remove the lamb chops from the pan and set aside briefly.
5. Prepare the : Glaze: In the same pan (don't clean it! Those browned bits are pure flavor!), add 1 tbsp balsamic vinegar and a bit more honey (1-2 tsp, to

taste) if desired for extra sweetness. Bring to a gentle simmer and let it reduce for 2 minutes, stirring, until it forms a slightly thickened, glossy glaze, scraping up any browned bits from the bottom.

6. **Serve:** Return the lamb chops to the pan for a quick toss in the glaze (optional, or just drizzle over). Garnish generously with fresh chopped parsley and serve hot with sides like roasted potatoes or garlic bread.
7. **Tips for Success:** **Marination Time:** While 30 minutes is good, marinating overnight truly infuses the lamb with maximum flavor and tenderness.
8. **Room : Temperature Lamb:** Let the lamb chops sit out for 15-20 minutes before cooking for more even results.
9. **Hot : Pan, Good Sear:** High heat is essential for getting that beautiful golden-brown crust on the lamb chops.
10. **Don't : Overcrowd:** Cook lamb chops in batches if your pan isn't large enough to ensure proper searing, not steaming.
11. **Don't : Overcook:** Lamb cooks quickly. Use a meat thermometer to achieve your preferred doneness and avoid tough meat.
12. **Rest the : Meat:** Always let cooked meat rest for 5-10 minutes before serving. This allows the juices to redistribute, resulting in a more tender and juicy chop.
13. **Deglaze for : Flavor:** The pan drippings are liquid gold! Use them to build your balsamic glaze.
14. **Serving Suggestions and Pairings:** These Honey Garlic Lamb Chops are a fantastic main course that pairs beautifully with a variety of sides:
15. Classic mashed potatoes or garlic mashed potatoes (like from my Garlic Butter Steak and Potatoes recipe).
16. Roasted asparagus, green beans, or broccoli.
17. Fluffy rice or creamy polenta.
18. Crusty garlic bread for soaking up the delicious pan sauce.
19. For other fantastic beef or lamb dishes, you might also enjoy my Seared Filet Mignon with Shallot Peppercorn Cream Sauce for an elegant touch, or my Christmas Braised Lamb Shanks with Herb Infusion for a fall-off-the-bone experience.
20. **Storage and Leftover Tips:** Honey Garlic Lamb Chops are definitely best enjoyed fresh from the pan. If you have leftovers, store them in an airtight container in the refrigerator for up to 2 days. To reheat, gently warm the lamb chops in a lightly oiled skillet over low heat, or in a 250°F (120°C) oven until just warmed through to avoid overcooking and drying out the meat.
21. **More Recipes You Will Love:** If you loved the tender meat and rich, savory flavors of this dish, here are a few more fantastic savory recipes that I think you'll absolutely love:
22. For another tender beef dish with rich flavor, check out my Butter Beef.

23. If you're a fan of slow-cooked, fall-apart beef, my Braised Oxtails are a must-try.
24. For a comforting, one-pan meal, my : Classic, Hearty Beef Stew is a great option.
25. And for a hearty and satisfying lamb dish, my : Christmas Braised Lamb Shanks with Herb Infusion is a fantastic choice.

SWAPS & NOTES

Lamb Chops: Loin or rib chops are excellent for pan-searing.

Shoulder chops can also be used but may require slightly longer cooking.

Ensure they are about 1-inch thick for even cooking.

Honey: Pure honey provides the best natural sweetness and helps with caramelization.

TIPS FOR SUCCESS

Marination Time: While 30 minutes is good, marinating overnight truly infuses the lamb with maximum flavor and tenderness.

Room Temperature Lamb: Let the lamb chops sit out for 15-20 minutes before cooking for more even results.

Hot Pan, Good Sear: High heat is essential for getting that beautiful golden-brown crust on the lamb chops.

Don't Overcrowd: Cook lamb chops in batches if your pan isn't large enough to ensure proper searing, not steaming.

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

Original recipe: <https://chefmaniac.com/honey-garlic-lamb-chops-juicy-flavorful-easy-grilled-seared/>