

Authentic Tandoori Lamb Chops: Juicy, Spiced & Flavorful

Tandoori Lamb Chops: Aromatic, Juicy, and Perfectly Spiced!



OVEN
430°F

TIME
30 mins

TEMP
140°F

PRINT
Recipe Card

INGREDIENTS

Lamb chops - 6 to 8 pieces (loin or rib chops, about 1-inch thick)
 Hung curd (thick yogurt) - $\frac{1}{2}$ cup (see notes for how to make)
 Ginger-garlic paste - 2 tbsp
 Lemon juice - 1 tbsp (freshly squeezed)
 Mustard oil - 1 tbsp (heated and cooled, see notes)
 Kashmiri red chilli powder - 1 tbsp (for vibrant red color, mild heat)
 Red chilli powder - 1 tsp (for heat, adjust to preference)
 Turmeric powder - $\frac{1}{2}$ tsp
 Garam masala - 1 tsp
 Cumin powder - 1 tsp
 Coriander powder - 1 tsp
 Black pepper powder - $\frac{1}{2}$ tsp
 Salt - to taste
 Kasuri methi (dried fenugreek leaves) - 1 tsp, crushed between palms
 Optional: a drop of red/orange food color (for intense traditional tandoori color)
 Fresh coriander/microgreens - for garnish
 Butter or ghee - for basting during cooking

DIRECTIONS

1. Clean and Prepare Chops: Clean the lamb chops under cold running water and thoroughly pat them dry with paper towels. Using a sharp knife, make 2-3 light, shallow scores across the meaty part of each chop on both sides. This allows the marinade to penetrate deeply into the meat and helps them cook more evenly.
2. First Marination (30 mins): In a large bowl, apply the 1 tablespoon fresh lemon juice, a good pinch of salt (to taste), and 2 tablespoons ginger-garlic paste to the scored lamb chops. Mix well with your hands, ensuring every chop is coated. Let it rest at room temperature for at least 30 minutes. This initial marinade tenderizes the lamb.
3. Second Marination (at least 4 hours or overnight): While the first marination rests, prepare the second marinade. In a separate bowl, combine the $\frac{1}{2}$ cup hung curd with all the dry spices: 1 tablespoon Kashmiri red chilli powder, 1 teaspoon red chilli powder, $\frac{1}{2}$ teaspoon turmeric powder, 1 teaspoon garam masala, 1 teaspoon cumin powder, 1 teaspoon coriander powder, $\frac{1}{2}$ teaspoon black pepper powder, and 1 teaspoon crushed Kasuri methi. Add the 1 tablespoon heated and cooled mustard oil and the optional drop of red/orange food color. Mix thoroughly until a smooth, vibrant paste forms. Add the lamb chops (from the first marinade, without rinsing) to this second marinade mixture. Coat the chops thoroughly, massaging the marinade into the scores. Cover the bowl and refrigerate for at least 4 hours, or ideally, overnight (up to 24 hours) for the deepest flavor and tenderness.
4. Grill/Cook: Remove the lamb chops from the refrigerator about 30 minutes before cooking to bring

them closer to room temperature.

5. Grill : Method (Recommended for best char/flavor): Preheat your outdoor grill, indoor grill pan, or tandoor to high heat. Ensure the grates are clean and lightly oiled. Grill the lamb chops for 8-10 minutes per side, turning occasionally, until they are beautifully charred on the outside and cooked to your desired doneness (medium-rare to medium is recommended for lamb, around 130-140°F / 54-60°C internal temperature). Baste the chops frequently with melted butter or ghee during grilling to keep them moist and add richness.
6. Alternative (Oven Method): Preheat your oven to 220°C (430°F). Place a wire rack over a baking sheet (line with foil for easy cleanup). Arrange the marinated lamb chops on the rack, ensuring they are not overcrowded. Bake the chops for 20-25 minutes, turning once halfway, until they are cooked through. For a nice char, finish by broiling for 2-3 minutes at the end, watching carefully to prevent burning. Baste with butter or ghee if desired.
7. 5. Serve: Once cooked, remove the lamb chops from the heat and let them rest on a cutting board or platter for at least 5 minutes. This allows the juices to redistribute, ensuring tender and juicy meat. Garnish generously with fresh coriander or microgreens. Serve hot with traditional accompaniments like mint chutney, thin onion rings, and fresh lemon wedges for squeezing.

SWAPS & NOTES

To make it, place plain full-fat yogurt in a cheesecloth or thin kitchen towel.

Tie it up and hang it over a bowl (or place in a colander set over a bowl) in the fridge for at least 2-4 hours, or overnight, to drain excess whey.

You need about 1 cup of regular yogurt to yield $\frac{1}{2}$ cup hung curd.

Ginger-Garlic Paste: You can buy this pre-made or make your own by blending equal parts fresh ginger and garlic with a tiny bit of water.

TIPS FOR SUCCESS

Hung Curd is Key: Don't skip making hung curd; its thickness allows the marinade to cling better and tenderizes the lamb.

Score the Lamb: Shallow scores help the marinade penetrate deeper, resulting in more flavorful meat.

Marinate for Flavor: The longer the marination (especially the second stage), the more tender and flavorful your lamb will be.

High Heat for Char: Whether grilling or using the oven's broiler, high heat is essential for developing that authentic charred "tandoor" crust.

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

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