

## Authentic Tandoori Lamb Chops: Juicy, Flavorful & Perfectly Spiced

Authentic Tandoori Lamb Chops



**OVEN**  
**430°F**

**TIME**  
**30 min**

**TEMP**  
**145°F**

**PRINT**  
**Recipe Card**

### INGREDIENTS

6 to 8 lamb chops (loin or rib chops, about 1-inch thick)  
¾ cup hung curd (thick strained yogurt, or Greek yogurt)  
2 tablespoons ginger-garlic paste  
1 tablespoon fresh lemon juice  
1 tablespoon mustard oil (heated until smoking, then cooled)  
1 tablespoon Kashmiri red chilli powder (for color, mild heat)  
1 teaspoon red chilli powder (for heat, adjust to preference)  
¼ teaspoon turmeric powder  
1 teaspoon garam masala  
1 teaspoon cumin powder  
1 teaspoon coriander powder  
¼ teaspoon black pepper powder  
Salt - to taste (about 1.5-2 tsp total)  
1 teaspoon Kasuri Methi (dried fenugreek leaves), crushed  
Optional: a drop of red/orange food color (for traditional vibrant color)  
Fresh coriander or microgreens - for garnish  
Butter or ghee - for basting

### DIRECTIONS

- 1.** Clean and : Prepare Chops: Carefully clean the lamb chops, trimming any excess silver skin if present. Pat them thoroughly dry with paper towels. Using a sharp knife, score the meat lightly on both sides with a few shallow cuts (don't cut too deep). This allows the marinade to penetrate deeply and helps the chops cook evenly.
- 2.** First : Marination (30 minutes): In a large non-reactive bowl (glass or ceramic), place the prepared lamb chops. Add the fresh lemon juice, a pinch of salt, and the ginger-garlic paste. Mix well with your hands, ensuring each chop is thoroughly coated. Cover the bowl and let it rest at room temperature for at least 30 minutes. This initial marinade tenderizes the meat.
- 3.** Second : Marination (at least 4 hours or overnight): While the first marination is happening, prepare the second marinade. In a separate bowl, whisk together the hung curd (or strained Greek yogurt) with all the dry spices: Kashmiri red chilli powder, regular red chilli powder, turmeric powder, garam masala, cumin powder, coriander powder, and black pepper powder. Add the cooled mustard oil and the crushed Kasuri Methi. If desired, add a tiny drop of red or orange food color for that vibrant tandoori look. Mix well until a smooth, thick paste forms. Add the first-marinated lamb chops to this second marinade. Coat each chop thoroughly, ensuring every surface is covered.
- 4.** Cover the bowl tightly with plastic wrap and refrigerate for at least 4 hours, or ideally overnight (up to 24 hours) for the best flavor penetration and tenderness.

5. Grill/: Cook (Choose Your Method): Grill Method: Preheat your outdoor grill to high heat. Ensure the grates are clean and lightly oiled. Place the marinated lamb chops directly on the hot grill. Grill for 8-10 minutes per side (total 16-20 minutes), basting occasionally with melted butter or ghee, until they are beautifully charred on the outside and cooked to your desired doneness (medium-rare to medium is recommended for lamb, 135-145°F / 57-63°C).
6. Oven : Method: Preheat your oven to 220°C (430°F). If you have a broiler setting, you can use that for charring later. Place a wire rack over a baking sheet. Arrange the marinated lamb chops on the wire rack, ensuring they are not overcrowded. Bake for 20-25 minutes, flipping them once halfway through. For a nice char, finish by broiling for 2-3 minutes at the end (watch carefully to prevent burning).
7. Rest and : Serve: Once cooked, remove the lamb chops from the heat source and let them rest on a cutting board or platter for 5 minutes. This allows the juices to redistribute, ensuring maximum tenderness and juiciness.
8. Garnish: Garnish generously with fresh coriander leaves or vibrant microgreens. Serve hot.

## SWAPS & NOTES

**Lamb Chops:** Choose chops with a good amount of meat on them. For a leaner option, lamb leg steaks can be used, but adjust cooking time.

**Hung Curd:** This is essential for the marinade's texture and tenderness.

If you don't have hung curd, use full-fat plain Greek yogurt, ideally strained for an hour or two in cheesecloth to remove excess whey.

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

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