

Date Night Dinner: Cajun Lamb Chops & Sauce Bercy

Cajun-rub grilled French-cut lamb chops



OVEN
450°F

TIME
45 min

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INGREDIENTS

8 French-cut lamb chops (about 1.5 inches thick, frenched)
2 tbsp olive oil
Cajun Rub: 1 tbsp smoked paprika
1 tsp garlic powder
1 tsp onion powder
1 tsp dried thyme
¼ tsp cayenne pepper
¼ tsp black pepper
¼ tsp white pepper
1 tsp salt
¼ tsp dried oregano
1 shallot, minced
¼ cup dry white wine
¼ cup fish stock (or clam juice)
... cup heavy cream
2 tbsp cold butter, cubed
1 tbsp chopped parsley
1 tsp lemon juice
Salt & white pepper, to taste

DIRECTIONS

1. Marinate the : Chops: Pat the lamb chops dry with a paper towel. In a small bowl, combine all the Cajun rub ingredients. Rub the mixture evenly over each lamb chop. Drizzle with the olive oil and massage the spices into the meat. Place the chops in a dish, cover, and refrigerate for at least 1 hour, but no more than 4 hours.
2. Grill the : Chops: Preheat your grill or cast-iron skillet to high heat (about 450°F / 230°C). Place the marinated chops on the hot grill or skillet. Sear for 2 minutes per side for a beautiful medium-rare finish (a total of 4 minutes of cooking). Adjust the time for your desired doneness.
3. Rest the : Meat: Remove the chops from the heat and let them rest on a cutting board, tented with foil, for 5 minutes. This is a crucial step that allows the juices to redistribute, ensuring a tender and juicy result.
4. Make the : Sauce Bercy: While the chops are resting, make the sauce. In a small saucepan, simmer the minced shallot and dry white wine over medium heat. Cook until the wine has reduced to about 2 tablespoons (around 5 minutes).
5. Finish the : Sauce: Add the fish stock to the saucepan and continue to simmer until the liquid has reduced by half (about 3 minutes). Stir in the heavy cream and let it simmer for another 2 minutes, until the sauce has thickened slightly. Remove the saucepan from the heat.
6. Emulsify the : Sauce: Whisk in the cold, cubed butter one cube at a time until it's fully melted and the sauce is smooth and glossy. Stir in the chopped

parsley and lemon juice. Season with salt and white pepper to taste.

SWAPS & NOTES

Lamb: If you can't find French-cut lamb chops, you can use regular lamb loin chops.

The cooking time might vary slightly, so use a meat

thermometer to ensure they are cooked to your liking.

Cajun Rub: This rub is fantastic and versatile.

Make a bigger batch and store it in an airtight container to use on chicken, pork, or even vegetables.

TIPS FOR SUCCESS

Don't skip the rest period: The 5-minute rest for the lamb chops is non-negotiable.

If you cut into them too early, all those delicious juices will run out, leaving you with dry meat.

Cold butter is key: When adding the butter to the sauce, make sure it's cold.

This helps the sauce emulsify and gives it that smooth, velvety texture without breaking.

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

Original recipe: <https://chefmaniac.com/date-night-dinner-cajun-lamb-chops-sauce-bercy/>