

The Ultimate Surf and Turf Dinner: Lamb Chops with Luxury Lobster Mashed Potatoes

Introduction: A Symphony of Land and Sea



OVEN
400°F

TIME
20 min

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INGREDIENTS

For the Lamb Chops:

8 Lamb Chops: Look for high-quality rib chops for the best presentation.

2 tbsp Truffle Oil: Adds that signature earthy aroma.

2 cloves Black Garlic: This is fermented garlic; it's sweet, syrupy, and balsamic-like.

1 tbsp Fresh Rosemary: Finely minced.

1 tbsp Fresh Thyme: Finely minced.

Salt and Pink Peppercorns: To taste.

For the Lobster Mash:

2 large Purple Potatoes: Peeled and cubed.

1/2 cup Crème Fraîche: Provides a tangy richness superior to sour cream.

1/4 cup Browned Butter: Cooked until it smells nutty and looks golden.

1 cup Lobster Claw Meat: Finely chopped.

Sea Salt and White Pepper: To taste.

1 tbsp Edible Flowers: For that professional garnish.

For the Asparagus:

1 bunch White Asparagus: Trimmed (peel the bottom third if they are thick).

1 tbsp Avocado Oil: High smoke point for perfect roasting.

Himalayan Pink Salt and Freshly Ground Black Pepper: To taste.

1 Blood Orange: Cut into wedges for serving.

DIRECTIONS

1. Prepare the Lamb Marinade: In a small bowl, whisk together the truffle oil, finely chopped black garlic, rosemary, thyme, salt, and pink peppercorns. Massage this aromatic blend into each lamb chop, ensuring they are well-coated. Let them sit at room temperature for about 20 minutes to absorb the flavors.
2. Roast the Asparagus: Preheat your oven to 400°F (200°C). Arrange the white asparagus on a baking sheet, drizzle with avocado oil, and season with pink salt and pepper. Roast for 12-15 minutes. You want them tender but with a slight "snap."
3. Create the Lobster Mash: Boil the purple potatoes in salted water until fork-tender (about 15-20 minutes). Drain and return to the pot. Add the crème fraîche and browned butter. Mash until velvety smooth. Gently fold in the lobster meat so you don't break the delicate pieces. Keep this warm and covered.
4. Sear and Roast the Lamb: Heat a large cast-iron skillet over medium-high heat. Sear the lamb chops for 2-3 minutes per side until a crust forms. Transfer the skillet to the oven for 6-8 minutes (for medium-rare). Crucial Step: Let the lamb rest for 5 minutes before serving to keep the juices locked in.

SWAPS & NOTES

Potatoes: If you can't find purple potatoes, Yukon Golds are the best substitute for a buttery mash.

Black Garlic: If black garlic isn't available, you can use roasted regular garlic mixed with a drop of balsamic glaze.

Lobster: For a more budget-friendly version, you can substitute lobster with high-quality lump crab meat.

Asparagus: If white asparagus is out of season, standard green asparagus works perfectly, though it will have a more "grassy"

flavor.

TIPS FOR SUCCESS

Don't Overcook the Lobster: Since the lobster meat is already cooked, only fold it into the mash at the very end.

The residual heat of the potatoes is enough to warm it through.

The Browned Butter Secret: When browning your butter, watch for the "foaming" to subside and brown bits to form at the bottom.

This adds a depth of flavor that regular butter cannot match.

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

Original recipe: <https://chefmaniac.com/the-ultimate-surf-and-turf-dinner-lamb-chops-with-luxury-lobster-mashed-potatoes/>