

Elegant Seafood and Lamb Chop Bowl with Creamy Sauce

Seafood and Lamb Chop Holiday Cup - A Gourmet Surf & Turf Treat



TIME
40 min

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INGREDIENTS

Proteins:

2 lamb chops

200 g shrimp, peeled and deveined

2 crab legs, cleaned and split

Vegetables:

1 cup broccoli florets, blanched

Cooking Ingredients:

2 tablespoons olive oil

2 tablespoons unsalted butter

4 garlic cloves, minced

Herbs:

1 tablespoon fresh rosemary, chopped

1 tablespoon fresh parsley, chopped

Extra parsley for garnish

Cream Sauce:

1/2 cup heavy cream

1/4 cup chicken or seafood broth

1/2 teaspoon paprika

1/2 teaspoon salt

1/2 teaspoon black pepper

1 teaspoon lemon juice

DIRECTIONS

1. Season and Sear the Lamb Chops: Season the lamb chops with:
2. Salt
3. Black pepper
4. Fresh rosemary
5. A drizzle of olive oil
6. Heat a skillet over medium-high heat and sear the lamb chops for 3-4 minutes per side until nicely browned.
7. Add butter and minced garlic to the pan and baste the lamb with the flavorful butter before removing from the skillet.
8. Set aside to rest.
9. Cook the Garlic Butter Shrimp: Using the same skillet, melt a little butter and sauté the shrimp with:
10. Minced garlic
11. Paprika
12. Lemon juice
13. Cook until the shrimp turn pink and opaque, about 2-3 minutes.
14. Remove and set aside.
15. Prepare the Crab Legs: Steam or boil the crab legs until heated through.
16. Toss them lightly in garlic butter for extra flavor.
17. Blanch the Broccoli: Bring a pot of salted water to a boil and blanch the broccoli florets for 2 minutes.
18. Transfer them immediately to ice water to preserve their bright green color.
19. Drain and set aside.
20. Make the Creamy Sauce: In a skillet, combine:

21. Butter
22. Broth
23. Heavy cream
24. Simmer gently until the sauce thickens and becomes velvety.
25. Season with salt and black pepper to taste.

SWAPS & NOTES

You can easily adapt this recipe depending on your preferences

or ingredient availability.

Lamb alternatives: If lamb isn't available, steak medallions or grilled chicken can work as substitutes.

Seafood options: Scallops or lobster can replace shrimp or crab

for an even more luxurious dish.

Vegetables: Asparagus, green beans, or roasted carrots also pair well with the creamy sauce.

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

Original recipe: <https://chefmaniac.com/elegant-seafood-and-lamb-chop-bowl-with-creamy-sauce/>