

Garlic Rosemary Lamb Chops with Fleur de Sel and Lemon

Lamb Chops with Fleur de Sel

TIME
3 min

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INGREDIENTS

- 8 lamb chops (about 700 g / 1.5 lb)
- 2 tbsp olive oil
- 2 garlic cloves, finely minced
- 1 tsp fresh rosemary, chopped
- 1 tsp fresh thyme leaves
- Fleur de sel, to taste
- Freshly ground black pepper, to taste
- Lemon wedges, for serving

DIRECTIONS

- 1.** Season the Lamb: Rub the lamb chops with olive oil, minced garlic, rosemary, and thyme.
- 2.** Season generously with freshly ground black pepper.
- 3.** Allow the lamb to marinate at room temperature for 20-30 minutes. This helps the meat cook evenly and absorb the flavors.
- 4.** Heat the Pan: Place a heavy skillet or grill pan over medium-high heat until hot.
- 5.** A properly heated pan is essential for achieving a flavorful sear.
- 6.** Sear the Lamb Chops: Place the lamb chops in the hot pan.
- 7.** Cook for 2-3 minutes per side for medium-rare, or slightly longer if you prefer more doneness.
- 8.** Avoid overcrowding the pan so the meat browns properly.
- 9.** Rest the Meat: Transfer the cooked lamb chops to a serving plate and allow them to rest for a few minutes.
- 10.** Resting helps the juices redistribute throughout the meat.
- 11.** Finish with Fleur de Sel: Sprinkle the lamb chops lightly with fleur de sel just before serving.
- 12.** This final seasoning enhances flavor and adds a delicate texture.
- 13.** Serve: Serve the lamb chops with fresh lemon wedges for squeezing over the top.

SWAPS & NOTES

Lamb chop types: Rib chops are the most tender and elegant, while loin chops are slightly larger and more budget-friendly.

Fresh herbs: Fresh rosemary and thyme deliver the best flavor, but dried herbs can work in a pinch.

Salt choice: Fleur de sel adds a delicate texture.

If unavailable, flaky sea salt such as Maldon can be used.

TIPS FOR SUCCESS

Bring lamb to room temperature: Cold meat can cook unevenly.

Use a hot pan: A strong sear creates a flavorful crust.

Avoid overcooking: Lamb is most tender when cooked medium-rare.

Rest before serving: Allowing the meat to rest ensures maximum juiciness.

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