

## Fried Parmesan Lamb Chops with Garlic and Rosemary

1/2 cup grated Parmesan cheese



**TIME**  
**5 min**

**PRINT**  
**Recipe Card**

**SAVE**  
**PDF**

**SOURCE**  
**ChefManiac**

### INGREDIENTS

- 8 lamb chops
- 1/2 cup grated Parmesan cheese
- 4 cloves garlic, minced
- 2 tablespoons olive oil
- 1 teaspoon dried rosemary
- Salt, to taste
- Black pepper, to taste
- 2 tablespoons fresh parsley, chopped, for garnish

### DIRECTIONS

- 1.** Season the lamb: Season the lamb chops generously with salt and black pepper on both sides.
- 2.** Make the Parmesan mixture: In a small bowl, mix together the grated Parmesan cheese, minced garlic, and dried rosemary.
- 3.** Heat the skillet: Heat the olive oil in a large skillet over medium-high heat.
- 4.** Coat the chops: Press the Parmesan mixture onto one side of each lamb chop.
- 5.** Cook cheese side down: Place the lamb chops in the skillet with the cheese side down. Cook for about 5 minutes, until the Parmesan crust is golden and crispy.
- 6.** Flip and finish: Flip the chops and cook for another 3 to 4 minutes for medium-rare, or a little longer if you prefer them more done.
- 7.** Garnish and serve: Transfer the chops to a serving plate and garnish with chopped fresh parsley before serving.

### SWAPS & NOTES

Grated Parmesan works best for creating that crisp crust, especially if it is finely grated enough to press onto the lamb chops easily.

Dried rosemary gives the dish classic flavor, but if you have fresh rosemary, you can use a small amount finely chopped for an even brighter finish.

Lamb chops cook fairly quickly, so the exact time can vary depending on thickness.

The listed timing will give you a good medium-rare for many chops, but thinner chops may need less time.

## TIPS FOR SUCCESS

Make sure the skillet is fully heated before adding the lamb chops so the Parmesan crust starts crisping right away.

Do not move the chops too early once they go cheese side down.

Letting them sit undisturbed helps the crust form properly.

Because lamb chops can vary in thickness, watch the second side closely so they do not overcook.

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

Original recipe: <https://chefmaniac.com/fried-parmesan-lamb-chops-with-garlic-and-rosemary/>