

My Go-To Lamb Chop Recipe When I Want Bold Flavor, Fast

Why These Lamb Chops Hit Every Time



TIME
15 min

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INGREDIENTS

8-10 lamb chops
2 tablespoons olive oil (plus more for searing)
1 tablespoon garlic paste or 3 minced garlic cloves
1 tablespoon paprika
1 teaspoon ground cumin
1 teaspoon ground coriander
1 teaspoon black pepper
1 teaspoon onion powder
½ teaspoon cayenne pepper (adjust to your heat preference)
1 teaspoon dried thyme or rosemary
Salt, to taste
Juice of half a lemon

DIRECTIONS

- 1.** Prep the Lamb Chops: First things first-I give the lamb chops a rinse and pat them completely dry with paper towels. This helps the seasoning stick and ensures a better sear. If there's excess fat on the edges, I trim it down a bit, but I like to leave some for flavor.
- 2.** Make the Marinade: In a small bowl, I combine the olive oil, garlic, paprika, cumin, coriander, black pepper, onion powder, cayenne, thyme or rosemary, and a good pinch of salt. The mixture should be thick and fragrant. I rub this all over the lamb chops, coating every surface. If I have time, I let them sit in the fridge for a few hours-or even overnight. But if I'm in a rush, 30 minutes at room temp still does wonders.
- 3.** Sear the Chops: I heat a large cast-iron or stainless steel skillet over medium-high heat and drizzle in just enough oil to coat the bottom. Once it's shimmering hot, I place the lamb chops in the pan. No crowding-if I'm making a full batch, I sear in batches to keep the temperature steady.
- 4.** I let each side sear undisturbed for about 4 to 5 minutes, depending on thickness. They should form a deep, flavorful crust. For medium-rare, I aim for an internal temperature of about 135°F. If you like them more done, just add another minute per side.
- 5.** Rest and Finish: Once seared, I transfer the chops to a plate and squeeze fresh lemon juice over them while they rest for five minutes. That little bit of acid brightens up the spices and makes the lamb sing.

