Main dishes

Grilled Lamb Chops

Rosemary-garlic marinated lamb loin chops seared over high heat to a rosé center and charred perimeter, carved and served in a pool of their own resting juices.

Time 150 min **Servings** 4

What you'll need.

- ☐ 100 parts Lamb loin chops (2–3 cm thick, frenched)
- ☐ 15 parts Extra-virgin olive oil
- ☐ 6 parts Garlic cloves, smashed and peeled
- ☐ 4 parts Fresh rosemary sprigs
- ☐ 3 parts Fresh thyme sprigs
- ☐ 2 parts Lemon zest
- ☐ 5 parts Fresh lemon juice
- ☐ 2 parts Kosher salt
- ☐ 0.5 parts Freshly cracked black pepper
- ☐ 2 parts Fresh mint leaves, torn

Let's make it.

01 Combine the olive oil, smashed garlic, rosemary, thyme, lemon zest, and lemon juice in a shallow dish or zip-lock bag. Add the lamb chops and turn to coat every surface. The olive oil carries the aromatic compounds of the rosemary and garlic into the meat; the lemon juice tenderizes the surface proteins and brightens the finished flavor. Marinate at room temperature for 1–2 hours or refrigerated for up to 8 hours. If refrigerated, bring to room temperature for 30 minutes before grilling — cold meat seizes on contact with heat and cooks unevenly.

02 Prepare a very hot charcoal or gas grill — you want direct high heat that chars immediately on contact, not medium heat that dries. Wipe the excess marinade and herbs from the chops with paper towels (wet herbs and oil cause flare-ups and bitter char). Season generously with kosher salt on both sides immediately before grilling. Grill the chops 2–3 minutes per side for medium-rare — do not move them during each side. Use tongs to sear the fat cap along the edge for 1 minute. For 2 cm chops, total grill time is 5–7 minutes; for 3 cm, 7–9 minutes. Internal temperature should read 57–60°C / 135–140°F for medium-rare.

03 Transfer the chops to a rack set over a plate and tent loosely with foil — not sealed tight, which traps steam and softens the crust. Rest for 5 minutes per 2 cm of thickness. During resting, the muscle fibers relax and the juices redistribute from the center outward; cutting too early sends them flooding onto the board. The internal temperature will rise 2–3°C during rest from carryover cooking.

04 Arrange the chops on warmed plates, leaning against each other or upright so the charred faces and interior color are visible. Spoon the collected resting juices over them — do not waste a drop. Scatter torn fresh mint leaves over. Serve with grilled flatbread, tzatziki, or a simple salad of tomato and herbs.

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Servings are an estimate; check quantities in the source recipe.
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