



Grilled Lemon and Rosemary Lamb Chops

Oscar · 29/09/2024



Prep Time

4 hrs 5 mins

Difficult

Medium

Servings

4 hrs 35 mins

Description

This grilled lamb chop recipe uses both Indian and Italian cooking techniques. The Indian-style yogurt marinade is flavored with three Italian favorites: garlic, oregano, and rosemary.

Ingredients

- - ½ cup plain yogurt - 1 large lemon
- zested and juiced - 4 cloves garlic
- crushed - 2 tablespoons minced fresh rosemary - 1 tablespoon chile paste - 1 teaspoon dried oregano - 1 teaspoon salt
- or more to taste - ½ teaspoon ground black pepper
- or more to taste - ¼ teaspoon ground cinnamon - 8 lamb loin chops

Instructions

1. Whisk yogurt
2. lemon zest and juice
3. garlic
4. rosemary
5. chile paste
6. oregano
7. salt
8. pepper
9. and cinnamon together in a small bowl. Transfer to a resealable plastic bag. Add lamb chops to the bag; coat with the marinade
10. squeeze out excess air
11. and seal the bag. Marinate in the refrigerator for 4 hours
12. or for best flavor
13. up to 10 hours. Preheat an outdoor grill for medium heat and lightly oil the grate. Remove lamb chops from marinade and scrape off excess. Discard used marinade. Season chops with salt and pepper. Cook chops on the preheated grill until browned on the outside and an instant-read thermometer inserted into the center reads 130 degrees F (54 degrees C) for medium-rare
14. 3 to 4 minutes per side. Let rest for 5 minutes before serving. Editor's Note: Nutrition data for this recipe includes the full amount of marinade ingredients. The actual amount of marinade consumed will vary.