

Understanding the Various Ways of Cooking Lamb Chops

One of the special and expensive meats that are used in preparing and cooking numerous dishes, lamb chop is very sumptuous and delicious, which makes it more enticing to many people. Most kinds of lamb chop like lamb loin chop and lamb rib chop are costly. However, to those who have interest in cooking lamb chops, they can always look for affordable cuts such as lamb blade chop and lamb shoulder chop. Other cuts of the meat that also produce tasty flavor are lamb leg chop, as well as lamb sirloin chop.

Tips on Choosing Fresh Lamb Chops

Before learning the different ways of cooking lamb chops, it is best to follow some tips in choosing fresh meats from lamb. First, to know if the meat is fresh, shoppers should look at the color of the meat. Pink meat of lamb chops indicates that it is fresh. Additionally, it is important to look at the texture. Lamb chops should have firm texture and the fat of the meat should be thin. To avoid overcooking lamb chops, they must buy thin meat. Above all, in every dish that uses the meat, it is best to allot at most three lamb chops per person.

Learning the Different Methods in Cooking Lamb Chops

When it comes to cooking lamb chop, it is important that everyone know the various ways of preparing such kind of meat. Grilling is one of the healthy ways to cook the meat. However, two popular and easy ways of cooking lamb chops are by broiling and pan-frying.

Instructions for Broiling and Pan-Frying Several Lamb Chops

Before trying this special recipe, it is necessary to prepare the important ingredients, namely lamb chops, cooking oil, lemon juice, and salt. Marinate the meat in a mixture of lemon juice, onion, and salt for at least an hour. Let the meat dry up and broil the meat for several minutes until it is medium cooked. Put the lamb chop four inches above the grill for at most 19 minutes. To cook both sides of the meat, rotate lamb chop regularly. Another special way of cooking lamb chops is by pan-frying. For those who want to try this method, they need to sprinkle salt and pepper on both sides of the meat to improve the flavor of lamb chops. Heat pan in a high heat and pour a tablespoon of water in the pan. Let the water evaporates before putting the meat in the pan. Cook each side of lamb chop for four minutes. To enhance the taste of the meat, everyone can serve the dish with mint jelly or even mint sauce. By following these simple steps, everyone can already cook and serve delicious meals to their families and guests. To bring up the natural flavor of the meat, it is essential to add dried or fresh herbs like rosemary, oregano, and thyme in the dishes that they prepare. Above all, it is important to prevent lamb chops from being overcooked since it may affect the taste and flavor of some dishes.

About the Author

Will Spencer is a home chef and cooking consultant who has written many articles like [how to cook lamb chops](#) and [How to Cook Brats](#) for Iqio web site. Visit [Understanding the Various Ways of Cooking Lamb Chops](#).

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