PAN FRIED LAMB CHOPS RECIPE

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Follow our complete, step-by-step,instructions to learn how to fry delicious Lamb Loin Chops in your cast iron skillet. It's just so quick and easy.

One of my neighbors introduced me to these Lamb Chops. They are so easy to prepare, especially in a cast iron skillet if you have one. Just add salt and pepper, then fry them. Dinner is done in about ten minutes.

I have a neighbor that has mentioned numerous times just how much she enjoys pan fried lamb chops. I have had to admit, that even at my age, I had never tried them.

With this pandemic of 2020, she started having problems finding them in our local grocery store. That's part of the reason they kept coming up in our conversations I think. Apparently the grocery stores were having a problem getting and keeping them in stock.

When she finally found some, I decided to order a pack as well. I wanted to see what all the talk was about. Smile.

I'm glad that I did, because these chops turned out really delicious in my opinion. They are so simple to prepare, and all you do is just salt and pepper them to taste. Ten minutes or so later, you've got supper on the table. How cool is that?

They look like miniature T-Bone steaks, and they have a very nice steak taste once cooked. There's just not a lot of meat on each one, maybe just a couple of good bites. So, you'll need to plan ahead of time to be sure you have enough for everyone you plan to serve. You'll need about 2 or 3 lamb chops per person for a good meal, more for larger appetites.

And, they might be a bit on the pricey side. They normally run about $11.00 per pound here, but we bought these on sale at $8.99 per pound when we purchased them.

All you'll need is a good warm skillet, some salt and pepper, and you'll be good to go. Pretty easy if you ask me.

They tasted very much like a good steak. I never noticed any type of "gamey" taste that I've read others have experienced. And, I used a digital thermometer to cook them to 145F degrees, to be sure I didn't overcook them. They were very juicy and tender at that temperature, and I would call them cooked about Medium-Rare at that point.

Ready to give our recipe a try? Alright then, let's head on out to the kitchen, and… Let's Get Cooking!

Pan Fried Lamb Chops – You'll need these ingredients.

That's right, just the lamb chops, and some salt and pepper. How much easier can it get?

This is 1-1/4th pounds of Lamb Chops. They look like mini T-Bone Steaks don't they? And, take note of that bit of fat around the edges. We're going to take advantage of that in just a moment.

We're not going to rinse these at all. Wait… what? So many sources these days advise against rinsing meats before cooking. It's kind of hard for an old Southern boy to get use too, but we're trying. They say washing meats causes cross contamination. Even if the meat seems a little slick on the surface, they recommend just patting it dry with a paper towel and move on to cooking. Learn something new everyday I reckon. Smile.

I took these out of the refrigerator and just let them sit on the counter for a good hour before I started cooking them. It's best to let them come up to room temperature. That way, they cook more evenly.

Sprinkle the lamb chops with black pepper.

I gave them a liberal coat of the black pepper, then I added some salt. Just salt to your personal taste.

Flip them over and repeat the process on the other side.

Heat your skillet up to Medium heat on your stove top. Give it plenty of time to heat up, best not to rush things.

Now, don't add any oil, we're going to take advantage of that layer of fat around the edge of the chops.

Stand the lamb chops up on end, with the layer of fat touching the bottom of the pan. You might need to lean them against each other for support, but they stand up fairly easily.

Let them cook and render some of the fat out into the pan for about 2 to 3 minutes.

Once you have a little fat covering the bottom of the skillet, lay the chops over on their side.

Let them fry on this side for about 3 or 4 minutes.

Flip the chops over and let them cook on the other side until done. This will take another 4 to 5 minutes, maybe even slightly longer.

The lamb chops need to cook to an internal temperature of 145F degrees to be done. I like mine about Medium-Rare, so yours might need to cook a bit longer. A digital thermometer comes in great to test them to see if they are done. Just insert it into several parts of the meat, without touching a bone, to be sure they are fully cooked all over.

The meat right around the bone will take longer to cook than the rest of the meat. You don't want to overcook them or they might be dry and tough.

They will continue to cook a few minutes longer even after you remove them from the pan.

When the lamb chops are done, remove them to a plate and let them rest for a good five minutes before serving. This lets the juices inside redistribute throughout the meat and will make for a much juicer and tender chop.

Enjoy!