

CORIANDER LAMB CHOPS

Prep time: 15 minutes
Cook time: 15 minutes
Total time: 30 minutes
Serves 4-6 People

INGREDIENTS

- 12 lamb loin chops
- 2 cloves garlic
- 1 tot fresh coriander (also known as dhania; finely chopped)
- 1 tot coriander seeds
- 1 tot lemon juice
- 2 tots olive oil
- coarse sea salt and black pepper

Suitable for an anytime braai.

“The lamb loin chop is that animal’s royal and most expensive cut of braai meat. It is exactly like a T-bone steak, but just from a lamb rather than a cow. There is a piece of sirloin and a piece of fillet. We need to keep the flavours simple so as to complement and not overpower the natural flavours of the meat. In addition to the trinity of garlic, olive oil and lemon juice, we know that the odd bit of coriander goes well with lamb. In this case, we’re giving it a double dose of coriander.” says Jan Braai, braai custodian of South Africa.



INSTRUCTIONS:

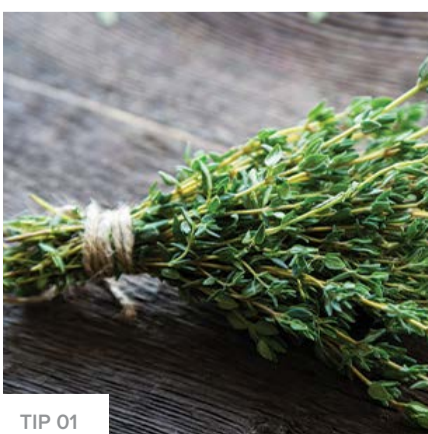
1. Make one or two small cuts through the fat strip of each chop. This will keep the chops from bending as the fat strip cooks and shrinks. It will also show your guests that you paid attention to detail when you prepared their meal.
2. Chop or crush the garlic, chop the coriander leaves, crush the coriander seeds in your pestle and mortar, and squeeze on the lemon juice. Combine this with the olive oil and toss the chops in it, ensuring all sides of all the chops are coated with marinade.
3. Let the meat marinate for as long as it takes your fire to burn out and form coals.
4. Braai the chops over hot coals for 8 to 12 minutes until they reach that point between medium rare and medium where lamb tastes best. Lamb loin chops vary widely in size, and the heat of your fire will also play a role in how long they take to braai. Remember the golden rule: if you think it’s ready, it probably is. Some exceptionally small lamb chops are ready after 6 minutes, so use your common sense.
5. Grind the salt and pepper onto the chops while they are braaing. If you are lazy you can also do it before they go onto the braai, but this way you actually have something to do during the braai.
6. Serve with additional fresh coriander.

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MEGAMASTER RECIPE TIPS



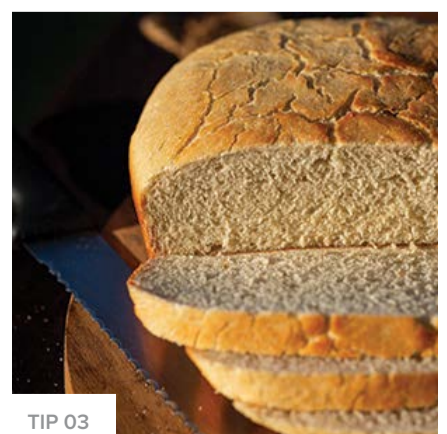
TIP 01

Not a fan of coriander? Swap with thyme or rosemary.



TIP 02

Give pork chops a try if you want a more budget friendly option.



TIP 03

Serve with fresh bread or mash.