



# chimi churri marinated lamb chops

fry/griddle/bbq



*cooking time from: 5 mintues*

## method

Remove your chops out of the packaging and bring to room temperature.

Preheat a griddle pan until it sizzles when you add a drop of oil.

Place the chops on the fat to render before searing on both sides then cook over high heat.

Cook 2 to 3 minutes each side pressing the meat with your thumb it should be slightly firm to touch and a core temperature of 54°C before resting for medium rare. Alternatively BBQ over direct heat 2 to 3 minutes each side before resting for a few minutes before serving.

The core temperature is measured from the centre of the meat. For perfect cooking and measuring internal temperatures, we recommend a 'Meater+ Wireless Thermometer'. Available in our pantry now.

Whilst I personally develop, try and test all our recipes and cooking guides, heritage breed animals can vary immensely, therefore cooking times are a guide only. Please ensure all products are cooked through and hot before serving. Enjoy!



*Jeff Baker*

Executive Development Chef

## serving suggestions

Serve with charred summer vegetables, salsa and flat breads.

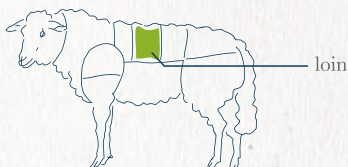
## for best results, griddle this cut

Core Temperatures	Out of the Oven	After Resting
Rare	48-50°C	52-54°C
Medium Rare	52-54°C	56-58°C
Medium	56-58°C	60-62°C
Well Done	65-68°C	70-75°C

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