mini lamb loin chops

fry/griddle/bbq

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

cooking time: 3 minutes

method

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

Pre heat a griddle or heavy based frying pan until it sizzles when you add a drop of oil.

Season the chops liberally just prior to cooking.

Sear the chops a minute or so on each side.

Finish by adding a large knob of butter to the pan and basting over the chops.

Serve straight away.

serving suggestions

Serve with fragrant lentils or simple new potatoes, crushed peas and mint sauce.

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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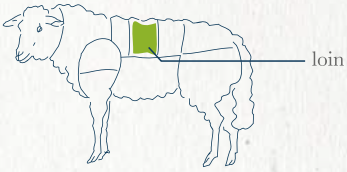

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