

Chermoula Marinated Lamb Chops

Recipe By *Michal Cohen*



Cooking and Prep:  1
h 40 m

Serves:  6

No Allergens

Preference: Meat

Difficulty: Easy

Occasion: Rosh Hashanah

Diet: Paleo, Gluten Free, No
Refined Sugar

A fabulous spice-rubbed rack of lamb full of flavor with just half a teaspoon of honey. Truly a showstopper for your holiday table!

Check out our complete collection of [Rosh Hashanah recipes](#) for mains, sides, soups, desserts, and more inspiration for the holiday.

Ingredients (10)

Main ingredients

- 1 and 1/2 tablespoons cumin seed, lightly toasted and ground (or 1 and 1/2 tablespoons of ground cumin)
- 1 and 1/2 teaspoons ground coriander
- 1 teaspoon crushed red pepper
- 1 teaspoon [Haddar Kosher Salt](#)
- 1/2 teaspoon [Gefen Honey](#)

- 3–4 cloves garlic, roughly chopped
 - 1 cup Gefen Extra-Virgin Olive Oil
 - 1 cup Italian flat-leaf parsley, roughly chopped
 - juice of 1 lime
 - 4-pound rack of lamb, frenched
-

Start Cooking

Prepare the Lamb Chops

1. Combine all of the ingredients, besides the lamb, in a food processor or blender and process until fully combined into a sauce. Taste and adjust salt and sweetness to your liking.
2. Place the lamb chops in an oven-safe baking dish or roaster. Pour about half the sauce over the lamb chops, making sure they are fully and evenly coated. Cover the dish tightly with foil or a lid and marinate at room temperature for one to two hours.
3. Preheat oven to 450 degrees Fahrenheit.
4. Cook the lamb fat side up, uncovered, in the middle rack of the oven for 15 minutes. Then flip and cook for an additional 10 minutes for medium-rare lamb chops. (Cook longer if desired.)
5. Remove from the oven and cover with foil or lid. Allow the lamb chops to rest for 10 minutes so the juices can redistribute. Once rested, cut between each bone to serve as individual chops.
6. Serve with lime wedges and additional chermoula sauce for dipping.