

# Lamb Chops with Fresh Herbs, Sous Vide

*Sous vide is easiest way to cook lamb chop to perfection. These lamb chops are packed with lovely fresh herbs flavors.*



**SOUS  
VIDE**

# Simple and Easy LAMB CHOPS

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If you care for a perfectly cooked lamb chops you have to try this recipe...it is so simple...just gather fresh herbs, salt,

pepper and here you have a tender, tasty and juicy lamb chops on the table. Last year I had planted lots of vegetables on the roof top and balcony, this year I decided to go with herbs, all kind of them...it is so nice when cooking and when in need get a pair of scissors and choose the best herbs from your garden to match your dish.

This recipe uses the sous vide cylinder, so the temperature can be controlled all the way through the cooking process. Mine gadget is from Anova and you can find it [HERE](#). I must confess that I am "crazy" for kitchen gadget, but this one is one of my favorite, one of the best investments I have made in terms of gadget.

This recipe as I mention above is super simple and it was mainly based on the recipe found here with some minor changes.

***Ingredients:***

- 4 bone-in loin lamb chops, approximately 1 ½ in each
- 2-3 garlic cloves, thinly sliced
- 4 small sprigs fresh thyme
- 4 small sprigs fresh oregano
- 1 tablespoon olive oil
- Fresh ground black pepper and sea salt to taste



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## **Method:**

When ready to cook, preheat water oven to 59C°.

Place the lamb chops into a 1 gallon freezer quality plastic bag. Gently place the garlic, salt and pepper, herbs and olive oil on top of the lamb chops.



To create a vacuum in the bag, carefully place the bag with lamb chops into the water-bath, make sure to immerse the bag until near the seal, this will create a vacuum, then seal the bag. I usually seal the bag leaving approximately 1 inch open and then immerse the bag until near the seal and finish by sealing the remaining 1 inch.

Cook for 1 to 1 ½ hour. Once the cooking time is off, remove the lamb chops.

Sear both sides in a hot cast iron pan, just enough to produce a golden color.

Garnish with fresh thyme or oregano. Serve hot.





Would you like to try?



If you enjoy this sous vide method of cooking lamb, you might like to take a look at the following sous vide recipe such as Lemon Thyme Sous Vide Chicken or Sous Vide Perfect Steak.

### Curiosity Corner

Did you know that “sous vide” is “under vacuum” in French? This method cooks food in a sealed plastic bag under vacuum in a controlled temperature.

***Thank you for stopping by Color Your Recipes...have***

***a colorful day!***