

Treasure Barrel

Rosemary Garlic Butter Pork Chops: Savory Comfort Food

10 min Prep time	**15 min** Cook time	**25 min** Total time
2 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

For the Lamb Chops

- [ ] 4 bone-in lamb loin chops, about 1-inch thick
- [ ] 1 tbsp olive oil
- [ ] Kosher salt, to taste
- [ ] Freshly ground black pepper, to taste

For the Rosemary Garlic Butter

- [ ] 4 tbsp unsalted butter
- [ ] 4 cloves garlic, smashed
- [ ] 2 sprigs fresh rosemary

Instructions

1. Let's begin by preparing our beautiful lamb chops. Take them out of the refrigerator about 20 minutes before you plan to cook. This simple step helps them cook more evenly. Using a paper towel, pat each chop completely dry on all sides—this is the secret to getting a perfect, golden-brown crust. Once they're dry, season them very generously with kosher salt and freshly ground black pepper. Don't be shy here; this is the primary seasoning for the meat itself. Let them rest while you gather the rest of your ingredients.

2. Place a heavy-bottomed skillet, preferably cast iron, over medium-high heat. Let it get nice and hot. Add the olive oil, and once it begins to shimmer slightly, it's time to cook. Carefully place the seasoned lamb chops in the skillet, making sure not to overcrowd the pan. You should hear a satisfying sizzle. Let them sear, completely undisturbed, for about 3-4 minutes per side for a perfect medium-rare. You're looking for a deep, rich, golden-brown crust to form before you flip them.

3. Once the lamb chops are seared to your liking, transfer them from the skillet to a clean plate and set them aside to rest. Now, turn the heat down to low. Look at all those delicious browned bits left in the pan—that's pure flavor! Add the unsalted butter, smashed garlic cloves, and the fresh rosemary sprigs to the skillet. The butter will melt and start to foam, picking up all those flavorful bits from the bottom of the pan.

4. Let the butter, garlic, and rosemary bubble gently for about 1-2 minutes, swirling the pan occasionally. The garlic will become fragrant and the rosemary will infuse the butter with its incredible aroma. Be careful not to let the garlic burn. After a minute or two, turn off the heat completely. Take your resting lamb chops and spoon that gorgeous, fragrant butter sauce all over them. The resting juices from the lamb will mingle with the butter sauce. Serve them immediately and enjoy every single bite.

Nutrition per serving

450 kcal	30 g	2 g	35 g
Calories	Protein	Carbs	Fat

Tips & notes

- A Note on the Name: While the title uses a familiar name for this flavor profile, my personal favorite way to make this dish is with lamb chops. Their flavor is just exquisite with the rosemary and garlic. Of course, you can absolutely use this exact method for thick-cut, bone-in pork chops if you prefer!
- Don't Skip the Rest: Letting the lamb chops rest for 5-10 minutes after cooking is crucial. It allows the juices to settle back into the meat, ensuring that every bite is tender and succulent instead of having all the juices run out onto your cutting board.
- Control Your Heat: The most important part of this recipe is managing your pan's temperature. You want high heat for a great sear on the lamb, but low heat to gently melt the butter and infuse the flavors for the sauce without burning the garlic or breaking the butter. If you have leftover herbs, you can use them in a cheesy sausage casserole the next day.