

Nepalese Lamb Chops (Lamb Chhoeyla)

Ingredients

- 4-5 lamb chops
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Marinade

- 1 tbsp ground cumin
- 1 tsp turmeric
- ¼ tsp grated nutmeg
- 2 tbsp lemon juice
- 1 tbsp chilli paste (I used a Szechuan chutney)
- 4 cloves garlic, crushed
- 1 tbsp ginger paste
- pinch asafoetida
- 2 tbsp vegetable oil
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Chhoeyla Sauce

- 1 tbsp cumin seeds, toasted
- 1 red chilli, roughly chopped
- 3 cloves garlic
- 2.5 cm piece of ginger
- pinch asafoetida
- ½ tsp turmeric
- 1 tbsp vegetable oil - use some mustard oil for an extra spice hit

Instructions

Marinade

1. To make the marinade, mix all the ingredients together in a bowl. Add the lamb chops and ensure they are well coated. Cover the bowl with cling film and set aside for at least a couple of hours.

Sauce

2. Place all ingredients in a blender and process until you have a smooth paste. Season with salt and pepper and adjust thickness (depending on how you want to use it!) with oil.
3. Cook the lamb - either on the BBQ or using a griddle. Baste with any left over marinade.
4. When the lamb is cooked to your liking, you can either chop it up (especially if boneless) and mix it through the sauce or you can serve it with the sauce on the side.

<http://eatingadelaide.com/nepalese-lamb-chops/>