



Blueberry Rosemary Lamb Chops

Description



Grilled lamb chops with the woody flavor of rosemary and a sweet blueberry sauce. The perfect taste sensation!

Ingredients:

- The Olive Tap's [Rosemary Fused Olive Oil](#)
- 1/2 C. sweet onion, finely chopped
- 2 garlic cloves, finely chopped
- 1/2 t. dried rosemary (optional if you like a stronger rosemary taste)
- The Olive Tap's Himalayan Pink Sea Salt and Gourmet Grind Black Pepper

- 1/2 C. fresh blueberries
- 1/4 C. water
- 4 T. The Olive Tap's [Blueberry Balsamic Vinegar](#)
- 4 loin lamb chops (room temperature)

Directions:

1. Heat 1 T. of the Rosemary Fused Olive Oil in large skillet over medium heat. Add onions and cook until reduced by half and beginning to turn golden in color, about 5 minutes.
2. Add garlic, optional rosemary and a bit of salt and pepper. Stir until fragrant, about 30 seconds.
3. Add blueberries, 1/4 C. water, and balsamic vinegar. Stir to blend.
4. Mash berries with the back of fork and cook until sauce thickens, stirring often, 3 to 4 minutes. Let stand at room temperature.
5. Brush grill rack with oil. Turn grill to medium-high heat. Brush lamb chops on both sides with oil; sprinkle with salt and pepper. Grill about 3 to 4 minutes per side for medium rare. Transfer to plates.
6. Spoon sauce over the meat. Serve immediately.

An Olive Tap Original Recipe

Recipe originally appeared at <https://theolivetaprecipes.com/recipes/blueberry-rosemary-lamb-chops/>

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