

Description



Blueberry Rosemary Lamb Chops

Ingredients:

- The Olive Tap's [Rosemary Agrumato Olive Oil](#)
- 1/2 C. sweet onion, finely chopped
- 2 garlic cloves, finely chopped
- 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)

Heat 1 tablespoon of the Rosemary 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. Add garlic, a bit of salt and pepper. Stir until fragrant, about 30 seconds. Add blueberries, 1/4 cup water, and balsamic vinegar. Stir to blend. Mash berries with the back of fork and cook until sauce thickens, stirring often, 3 to 4 minutes. Let stand at room temperature.

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. Spoon sauce over the meat. Serve immediately.

An Olive Tap Original Recipe

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11/24/2024