

Honey-glazed Lamb Chops with Fresh Fig Salsa

Number of Servings: 8

Prep Time: 30 minutes

Cook Time: 20 minutes

Ingredients

Fresh Fig Salsa:

1 cup firm-ripe fresh figs, diced
1 fresh green onion, sliced
1 medium tomato; peeled, seeded and coarsely chopped
1/2 cup diced ripe fresh mango
1 tablespoon finely chopped fresh mint
1 clove garlic, minced
1 jalapeño pepper, minced (optional)
1 teaspoon grated lime peel
1 tablespoon fresh lime juice
1/2 tablespoon balsamic vinegar
salt and pepper; to taste

Honey-glazed Lamb:

1 2/3 cups balsamic vinegar, divided
1 cup extra virgin olive oil
sea salt; to taste
3 1/2 tablespoons minced garlic
3 1/2 tablespoons chopped fresh rosemary
5 tablespoons honey (for basting at end)
8 small lamb loin chops (4 ounces each)

Instructions

For Fig Salsa, combine all ingredients and chill several hours to blend flavours.

For Honey-glazed Lamb, whisk 1 cup vinegar and olive oil together in a shallow dish; generously soak all sides of lamb chops (5-10 min a side). Then, rub chops with the Sacred Blend Sea salt, garlic and rosemary. Arrange in glass dish and cover tightly, let stand in refrigerator for 6 to 36 hours.

To serve, combine remaining 2/3 cup vinegar with honey; mix well. Remove lamb from dish and discard the soaking marinade. Broil or grill lamb chops, basting frequently with freshly made honey-vinegar mixture, until medium (160°F). Serve with salsa.