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Balsamic-Glazed Lamb

- 8 Lamb rib chops, cut 1 inch thick, about 1 1/2 pounds total
- 1/4 Tsp salt
- 1/4 Tsp pepper, black ground
- 1/2 Cup orange juice
- 1/4 Cup vinegar, balsamic
- 1 Tbsp honey
- 1 Tbsp soy sauce, reduced-sodium

- 1) Trim fat from chops. Season chops with salt and pepper. Place chops in a resealable plastic bag set in a shallow dish. In a small bowl, stir together orange juice, balsamic vinegar, honey, and soy sauce; pour over chops. Seal bag; turn to coat chops. Marinate in the refrigerator for 4 to 24 hours, turning bag occasionally.
- 2) Drain lamb, reserving marinade. Pour marinade into a heavy small saucepan. Bring to boiling; reduce heat. Boil gently, uncovered, about 15 minutes or until reduced to about 1/3 cup; set aside.
- 3) Place chops on the rack of an uncovered grill directly over medium coals. Grill to desired doneness, turning and brushing once with glaze halfway through grilling. (Allow 12 to 14 minutes for medium-rare doneness [145°F] or 15 to 17 minutes for medium doneness [160°F].) Discard any remaining glaze.

Makes 8 Servings