



BBQ Lamb Chops with Honey-Soy Glaze

The honey-soy glaze gives these lamb chops a subtle sweet flavor. You can use any of today's soy sauces – regular, light or salt-reduced – in this recipe. Teriyaki sauce can be used in place of soy sauce.

Ingredients

8 Ontario Fresh Premium Lamb loin chops (1-1/2 lb total)

- ¼ cup (50ml) Ketchup
- 2 tbsp (25ml) Liquid honey
- 1 tbsp (15ml) Soy sauce
- 1 tsp (5ml) minced gingerroot
- 1 clove garlic, minced

Preparation

In a large bowl, combine ketchup, honey, soy sauce, gingerroot and garlic. Add lamb chops and turn to coat.

Remove chops from sauce reserving any remaining sauce. BBQ chops for about 4 minutes per side, until well browned and pink inside, brushing with reserved sauce.