

# Pomegranate Lamb Chops

Tender pomegranate lamb chops with aromatic herbs, beans, and tangy pomegranate sauce. A Mediterranean-inspired dish ready in 30 minutes.

10	20	30	4	Medium
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

## Pomegranate Lamb Chops

## Ingredients

- 4 sprig rosemary
- 2 pomegranate
- 4 clove garlic
- 0.8 lb mushroom
- 0.9 lb dry bean
- 1 cup vinegar
- 2 tbsp olive oil
- 1 tsp salt
- 1 tsp black pepper
- 8 lamb

## Instructions

- 1 Prepare the Lamb Chops**

Remove the 0.8 lb lamb chops from refrigerator 30 minutes before cooking to bring to room temperature. Pat completely dry with paper towels and season generously with salt and pepper on both sides.
- 2 Prepare the Aromatics**

Mince the 4 cloves of garlic and roughly chop the 4 sprigs of rosemary, discarding the woody stems. Set aside with the white beans.
- 3 Sear the Lamb**

Heat 2 tablespoons olive oil in a large cast iron or heavy-bottomed skillet over medium-high heat until shimmering. Add lamb chops and sear for 2-3 minutes per side until golden brown with a nice crust. Transfer to a plate and tent with foil.
- 4 Cook the Aromatics**

Reduce heat to medium and add minced garlic to the same pan with the lamb drippings. Sauté for 30-60 seconds until fragrant but not browned.
- 5 Deglaze and Build Sauce**

Add 1 cup pomegranate juice and scrape up any browned bits from the bottom of the pan using a wooden spoon. Add 1 teaspoon salt, 1 teaspoon black pepper, and chopped rosemary.
- 6 Add Beans and Simmer**

Add the 0.9 lb white beans to the pan and bring to a gentle boil. Reduce heat to medium-low and simmer for 3-4 minutes until the sauce

reduces slightly and coats the back of a spoon.

#### 7 **Finish the Lamb**

Return seared lamb chops to the pan, nestling them into the bean mixture. Cook for 2-3 minutes for medium-rare (internal temperature 130°F/54°C) or 4-5 minutes for medium (140°F/60°C).

#### 8 **Rest and Serve**

Remove from heat and let rest for 3 minutes to allow juices to redistribute. Taste sauce and adjust seasoning with salt and pepper as needed. Serve immediately with the pomegranate bean sauce spooned over the chops.

## Tips

**Choose Quality Lamb:** Select lamb chops that are bright pinkish-red with marbling and firm, white fat. Avoid any with a strong odor or grayish color.

**Room Temperature is Key:** Remove lamb chops from refrigeration 15-30 minutes before cooking to ensure even cooking throughout.

**Don't Overcrowd the Pan:** Sear lamb chops in batches if necessary to avoid steaming. Proper searing creates the flavorful crust that makes this dish special.

**Use the Right Heat:** Start with high heat for searing, then reduce to medium for the final cooking to prevent burning the pomegranate sugars.

**Fresh vs. Bottled Pomegranate Juice:** While fresh is ideal, store-bought 100% pomegranate juice works well. Avoid cocktail mixes with added sugars.

**Rest the Meat:** Allow lamb chops to rest for 5 minutes after cooking to redistribute juices and ensure maximum tenderness.

**Save the Pan Drippings:** Don't clean the pan between steps – those browned bits add incredible depth to the final sauce.

**Adjust Sweetness:** If your pomegranate juice is very tart, add a small pinch of sugar. If too sweet, add a splash of lemon juice for balance.