

# COOKED TWO WAYS BARBECUED AMERICAN LAMB RIBS

*Serves 6 to 8*



5 lbs **American Lamb** ribs, trimmed  
2 sweet onions, diced large  
10 garlic cloves  
2 celery stalks, peeled, diced large  
2 carrots, large round cuts  
1 fennel bulb, chopped  
1 cup dried shiitake mushrooms

2 bay leaves  
6 cloves  
3 cinnamon sticks  
3 sprigs rosemary  
Chicken broth, as needed  
3 cups red chili barbecue sauce

- In a stock pot, add lamb ribs, onions, garlic, celery, carrots, fennel, mushrooms, bay leaves, cloves, cinnamon and rosemary. Add broth to cover. Bring to a boil; reduce heat to a slow simmer. Cover with lid halfway; simmer for 1 hour, occasionally skimming off the top. Remove lamb ribs; cool.
- With a sharp knife, trim ribs of fat without letting ribs fall apart. Place ribs in a roasting pan; brush with barbecue sauce. Bake at 260°F for 2 hours, occasionally brushing with sauce. Bake at 375°F for 12 to 15 minutes to finish.

**CHEF'S NOTES:** *Serve Cooked Two Ways Barbecued American Lamb Ribs with a sweet cabbage slaw.*