

No
Picture
Yet

Lamb Ribs and Sauce

Fun finger food that can be prepared in a variety of ways.
Make a couple different dipping sauces for variety.

Ingredients

One or more sides of lamb ribs

Marinade-Sauce (below) – one “serving” per side of lamb ribs

For oven roasted cooking only you will also need:

2 carrots sliced

2 stocks of celery sliced

2 medium onions diced

8 cups of chicken stock

BBQ Grill Cooking Instructions

1. Marinade ribs in chosen sauce for an hour in the refrigerator.
2. Remove the ribs from the marinade. Reserve the marinade to make the sauce.
3. Cook ribs over BBQ grill medium heat until they have an internal temperature of 145 degrees F.
4. Cook the marinade into a sauce per the cooking instructions below.

Oven Roasted Cooking Instructions

1. Pre-heat oven to 400 degrees F.
2. Place ribs, carrots, celery, onion, and chicken stock in roasting pan. Cover with tin foil.
3. Cook for appx 2 hours till ribs reach an internal temperature of 145 degrees F.
4. Remove ribs from liquid and cool.
5. If desired, deep fry the cooked ribs in batches at 350 degrees F for 3 to 4 minutes to make them crispy.
6. Cook the sauce per the cooking instructions below.

Marinade-Sauce Ingredients

<i>Asian Style</i>	<i>Savory Cilantro Ginger</i>	<i>Hot and Sweet</i>
½ cup soy sauce 2 TBS Hoisin sauce ¼ cup rice wine vinegar 1 TBS garlic 1 tsp red pepper flakes	1 cup chopped cilantro 2 TBS grated fresh ginger 1 TBS garlic ½ cup fresh lime juice ½ cup olive oil	1 cups hot sauce 1/3 cup sweet thai chili sauce 1 tsp tamarind syrup 1 tsp honey

½ cup pineapple or orange juice	1 tsp red pepper flakes	
---------------------------------	-------------------------	--

All Sauces Cooking Instructions

1. Combine ingredients in saucepan.
2. Warm over medium heat stirring occasionally.