

Roasted Lamb Ribs

Ribs are undoubtedly the hardest part of the lamb to cook. The combination of above average fat and relatively tough meat produces a real cooking challenge.

This recipe was nicked from [The Blue Kitchen](#) blog. It works well with Dunhill Ranch lamb. Serves 3-4.

Ingredients

2 large cloves garlic, unpeeled
1 medium yellow onion, peeled and chopped
1 carrot, peeled and chopped
2-3 pounds lamb ribs
2 bay leaves (or one really big one)
1 tsp salt

1 large garlic clove, peeled and minced
1 Tbs dried rosemary
1 tsp caraway seeds
½ tsp black pepper
½ tsp salt
2-3 Tbs olive oil

Technique

1. Take two garlic cloves and mash them with a chef's knife to break them open good. Place them along with the onion, carrot and ribs in a into a lidded stock pot or pan large enough to hold them easily Cover with water.
2. Add bay leaves and salt and bring to a boil. Reduce the heat to a slow simmer and skim off any scum that rises to the surface during the first few minutes of cooking. Cover and simmer for about an hour.
3. Transfer ribs to a plate. Feed the remaining solids and cooking liquid to your dog (once it has cooled down) and watch how fast it disappears. Ribs can be made ahead up to this point and refrigerated before roasting.
4. Preheat the oven to 350°F. Put the remaining ingredients (except the oil) in a spice grinder or mortar. Grind all the spices finely. Then add enough olive oil to make a moderately thick paste.
5. Place ribs on a rack on a lightly oiled roasting pan. Brush the ribs on both sides with the spice mix and place in oven. Roast ribs until nicely browned, about 1 hour, turning once at 30 minutes. Remove from oven and let them rest for about 5 minutes. Slice into individual ribs and serve.