



AIR-DRIED RIBS

Prep Time: Overnight
Cooking Time: 15 minutes
Difficulty Rating: ■■■□□

Ingredients:

GRILLED LAMB RIBS

- 2.25 lbs air-dried lamb ribs
- 1 Orange, zest only
- 1 Bunch of celery
- 2 Onions
- 1 Liter white wine
- 2 Carrots
- 2 Apples
- 0.4 oz thyme

BASTING MARINADE

- 2 Lemons, juiced
- 1 Clove garlic, crushed or diced
- 500ml Olive oil

FENNEL AND CABBAGE SALAD

- 1 Fennel bulb
- 100ml white wine vinegar
- 1 Small reb cabbage
- 1 Small white cabbage
- 0.1 oz Mustard seeds
- 3.5 oz rasins
- 4 Tablespoons brown sugar
- 0.07oz fresh coriander
- Salt & pepper to taste
- hot water

Together, made better, with you:

Method

GRILLED LAMB RIBS METHOD

1. Slice up your carrots, onions, apples, and celery and mix to a ratio of two parts onion to one part carrots, one part apples and one part celery, to create a mirepoix.
2. Place the ribs in a baking dish and layer the mirepoix over them. Sprinkle with thyme and cover with white wine.
3. Braise in the oven for 2 hours, at 320°F.
4. In a jug, mix your lemon juice, garlic and olive oil for the basting marinade.
5. Preheat your grill to searing.
6. Place the lamb ribs on the grill and baste with your lemon marinated, turning occasionally.

CITRUS, CHARGRILLED CAULIFLOWER FRITTERS

1. In a bowl or large jug, mix your basic batter: flour, eggs, baking powder, and butter. Add all the spices and chopped Italian parsley.
2. Light the side burner and place your wok or deep pan on the flame. Fill to 2 inches deep with cooking oil.
3. Place your cauliflower florets on the grill at high heat, turning until they are lightly charred all round.
4. When done, break up the cauliflower and fold it into the basic batter.
5. Drop spoonfuls of batter into the hot oil. They should cook within a few minutes. Remove them as soon as they turn golden brown.
6. Drain off the excess oil.

FENNEL AND CABBAGE SALAD

1. Slice up the cabbage and fennel and place in a bowl with the mustard seeds and raisins.
2. Mix the vinegar, sugar, coriander, salt, and pepper in a bowl until the sugar dissolves.
3. Pour over the cabbage mixture.
4. Pour over enough hot water to just over the mixture.
5. Seal and allow to stand for at least 3 hours before serving.
6. To serve, pour through a strainer to remove the excess liquid.