



## Chef Adam Gray's Jerk style lamb riblets

---

### INGREDIENTS

8 Lamb riblettes

½ Bunch fresh thyme

4 Tablespoons clear honey

8 Teaspoons ground cinnamon

2 Scotch bonnet chillies – finely chopped

8 Tablespoons ground pimentos (Allspice)

4 Tablespoons rum

### METHOD

Pick the leaves from the fresh thyme and finely chop.

Mix the chopped thyme leaves with the clear honey, ground cinnamon, chopped chillies, ground pimentos and rum.

Place the lamb riblettes in a shallow tray.

Rub the jerk seasoning mix thoroughly into the lamb, cover with cling film and place in the fridge for 24 hours, if possible.

Place the marinated lamb riblettes on a hot barbecue, rotating every 4 – 5 minutes until cooked all the way through.

Or, alternatively in a preheated oven at 170c for 20-25 minutes.

Once cooked, remove from the barbecue or oven and leave to rest on a serving tray for 3 – 4 minutes.

Serve with coleslaw and potato salad

---

the ethical butcher