

JAN BRAAI'S DEBONED LAMB RIB ROLL

Suitable for late afternoon lunch.

The great flavours of lemon juice, capers, and anchovies compliment the lamb really well and cut through the fat. Ask your butcher to debone the rib for you.



As seen on TV



Prep time: 15 Minutes
Cook time: 1 Hour
Total time: 1 Hour 15 Minutes
Serves 4 people

INGREDIENTS

- 1 Deboned lamb rib
- Juice from 1 lemon
- Salt
- Pepper
- 3 garlic cloves, chopped
- 2 tots of capers
- 6 -8 anchovy fillets
- a handful of fresh oregano
- 1 red onion, sliced
- 1 cup of white wine

INSTRUCTIONS:

1. Place the lamb rib on a chopping board and season generously with lemon juice, salt, and pepper on both sides.
2. Lay the rib flat and place the capers, anchovies, oregano, and red onion in a layer. Start from one side and gently roll the rib tightly. Use string to tie the rib roll and secure making sure the stuffing won't fall out.
3. Place the whole roll into your Megamaster potjie, add some with wine and braise on the fire with the lid on top of the potjie for about 45 minutes to 1 hour.
4. Remove from the potjie, let it cool down for a bit and use your sharpest knife to cut it into pieces. making sure to keep the stuffing inside.
5. Braai over very hot coals for a few minutes to render the fat and make the rolls nice and crispy. Serve with fresh lemon juice and fresh oregano.

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MEGAMASTER RECIPE TIPS



TIP 01

You can use any white wine that you like.



TIP 02

If you are not a fan of anchovies, you can remove them and just add extra salt. One of our favourites is Oryx Desert Salt's Braai Salt.



TIP 03

Use a big enough pot for the roll to fit into, check out our range.