



ZESTY LAMB RIBS

Suitable for the serious braaier!

You haven't eaten South African until you've eaten lamb ribs. Our air dried ribs, with their unbelievable basting recipe, is sure to become the only way you'll ever do your ribs again. So get ready to prepare a feast!

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Prep time: 30 minutes
Cook time: 2 ½ minutes
Serves 6 people

INGREDIENTS:

BRAAIED LAMB RIBS

- 1 kg air-dried lamb ribs
- 1 orange, zest only
- 1 bunch of celery
- 2 onions
- 1 litre of white wine
- 2 carrots
- 2 apples
- 10 g thyme

BASTING MARINADE

- 2 lemons, juiced
- 1 clove of garlic, crushed or diced
- 500 ml of olive oil

CITRUS, CHARGRILLED CAULIFLOWER FITTERS

- 1 small white cauliflower
- 3 free-range eggs
- 2 g Italian parsley
- 1 g ground allspice
- 100 g white bread flour
- 30 g butter
- 50 ml olive oil

FENNEL AND CABBAGE SALAD

- 1 fennel bulb
- 100 ml of white wine vinegar
- 1 small red cabbage
- 1 small white cabbage
- 3 g of mustard seeds
- 10 g of raisins
- 4 tablespoons of brown sugar
- 2 g of fresh coriander
- salt and pepper, to taste hot water

INSTRUCTIONS - BRAAIED LAMB RIBS:

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 160°C.
4. In a jug, mix your lemon juice, garlic, and olive oil for the basting marinade.
5. Preheat your gas braai to searing hot.
6. Place the lamb ribs on the braai and baste with your lemon marinade, turning occasionally.

CITRUS, CHARGRILLED CAULIFLOWER FRITTERS

1. In a bowl or large jug, mix your basic batter: flour, eggs, baking powder, and butter. With all the spices and chopped Italian parsley.
2. Light the side burner of your **Megamaster gas braai** and place your wok or deep pan on the flame. Fill to 5 cm deep with cooking oil.
3. Place your cauliflower florets on the braai at high heat, turning them until they are lightly charred all around.

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 them 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 hot water to just cover the mixture.
5. Seal and allow to stand for at least 3 hours before serving.
6. To serve, pour through a strainer to remove excess liquid.

*Mirepoix means to saute chopped vegetables.

MEGAMASTER RECIPE TIPS



TIP 01

Ask your butcher for air-dried lamb ribs in advance as not all butchers keep them in stock.



TIP 02

How to ensure your fritters don't fall apart? Use enough oil or a non-stick cooking pan, and don't flip them too many times.



TIP 03

Pickle extra cabbage by keeping it in the vinegar mixture in a sealed jar for several months.