

Baked Lamb Rib Recipe

Crisp, tasty ribs, and as a bonus, some flavorful broth. The process is easiest if you can simmer the ribs one day and bake them the next, but can easily be done in one.

Ingredients

4 pounds lamb ribs
2 onions
4 garlic cloves: vary this amount according to your preference
2 celery stalks with leaves (optional)
2 carrot(s) (optional)
2 bay leaves
bunches of fresh herbs: parsley, thyme , oregano, rosemary

Make an herb sauce: (or barbeque sauce for grilling)

2 garlic cloves, or more, if you wish
1/4 cup olive oil
2 tablespoons fresh herbs, finely chopped; or 2 teaspoons crumbled dried herbs
1 teaspoon salt, and pepper to taste

Directions

Cooking lamb ribs involves two processes: first simmering and then baking. Each takes an hour or more, but doesn't require much time or attention from the cook. Rib amounts are approximate, but prepare at least 1 pound per person, since much of the weight is fat and bone.

Put the ribs, fresh or frozen, into a stock pot or pan large enough to hold them easily with vegetables and cooking liquid.

Add several cut-up onions and garlic cloves, a teaspoon of salt, a few bunches of herbs of your choice, and if you wish, cut up carrot and/or celery.

Add water to cover everything 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 with lid slightly ajar and continue to simmer until the meat begins to be tender - about an hour.

Remove the ribs and set the cooking liquid aside. While the ribs cool, mash together in a small bowl 1 teaspoon salt and 2 or more minced or pressed cloves of garlic.

Add and mash in 2 tablespoons finely chopped fresh herbs (or 2 teaspoons dried and crushed herbs): a mix of some (or all) thyme, oregano, marjoram and rosemary. Stir in the olive oil and set aside.

When the ribs are cool enough to handle, use your fingers and a sharp knife to remove as much fat as possible without having the ribs fall apart. Then, spread the ribs out in a roasting pan and smear all over with the olive oil mixture or a prepared barbecue sauce. Cover tightly with aluminum foil and bake at 350 degrees for an hour. Remove foil and bake for another 20 - 30 minutes to crisp up the surfaces, or until the meat is very tender.

While the ribs are baking, skim fat from the cooking liquid. Discard the fat. Taste the broth for seasoning and consistency and boil to reduce it, if you prefer. Strain out any solids and refrigerate (for use within a few days) or freeze for use in scotch broth, shepherd's pie or any appropriate recipe.

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