

THE FAMILY RANGE

Carin's Lamb riblets with chargrilled lemon

Some recipes become part of a family without anyone quite remembering when it happened. These lamb riblets are one of those recipes. They have become a firm favourite at our Kaapzicht braais and are usually the first thing to disappear from the table!



INGREDIENTS

1.5-2 kg lamb riblets
Olive oil
Lamb rub
1 lemon
6-8 whole garlic cloves
2-3 sprigs fresh rosemary
Salt
White pepper
A splash of water

METHOD

Season the lamb generously with the lamb rub. Place the riblets in a roasting tin. Drizzle with a little olive oil and add the lemon, cut into wedges, the whole garlic cloves and rosemary. Add a small splash of water to the roasting tin and cover tightly with foil. Roast at **130°C for 2-3 hours**, until the meat is beautifully tender and almost falling off the bone. Remove the foil and place the riblets next to a hot braai. **Grill over high heat** until beautifully browned and caramelised on the outside. Finish with a squeeze of **chargrilled lemon juice**, then season with salt and freshly ground white pepper. Serve hot, preferably straight from the braai, with plenty of serviettes and a good Kaapzicht wine!

The secret: Low and slow in the oven, followed by a hot grill over the coals. That's what gives these riblets their melt-in-the-mouth texture and delicious smoky finish.