

KOREAN LAMB RIBS

PREP TIME 20 MIN | COOK TIME 3 HOURS | SERVES 10

Method

1. For braising stock: Heat oil in a wok over medium-high heat, add garlic, ginger, coriander, star anise, cinnamon, soy sauce, shaoxing wine, brown sugar, lime juice and water. Bring to the boil, reduce heat and simmer for 20 minutes to allow flavours to infuse. Preheat oven to 170°C.
2. For Glaze: place all ingredients in a saucepan over medium high heat. Whisk to combine. Cook for 1-2 minutes or until heated through. Set aside.
3. Pre-heat oven to 170 ° C, full dry heat. Place lamb ribs, meat side down, in a gastronome in a single layer. Pour over braising stock to immerse ribs. Cover tightly with baking paper and foil, place in the oven for 2 ½ hours or until meat is very tender.
4. Remove from the oven. Place the ribs on a chopping board, allowing them to cool slightly. Cut racks into individual ribs.
5. Heat a frying pan over high heat, add lamb ribs, pour over glaze, and toss to coat.
6. Serve garnished with green onions and lime wedges.

Ingredient List

Lamb

- 3 kgs lamb short rib racks

Other Ingredients

- 3 green onions, finely sliced on the diagonal

Braising stock

- 25g garlic cloves, crushed
- 4 cm piece of ginger, grated
- 25g coriander roots and stems
- 8 star anise
- 4 cinnamon quills
- 375mls dark soy sauce
- 250ml shaoxing wine
- 185g brown sugar
- 20mls lime juice
- 3 litres cold water

Glaze

- 50g Gochujang chili paste
- 40g dark brown sugar
- 40mls rice wine vinegar
- 40mls lime juice



Pro Tips Lamb Series