

Red Meat Takeaway Solutions Recipes

PREP TIME 20 MIN | COOK TIME 4 HOURS | SERVES 10

STICKY LAMB RIBS POWER BOWL

Method

1. Bring lamb ribs to room temperature before starting recipe. Pre-heat oven to 140 ° C - 160 ° C, dry heat.
2. For Masterstock: Heat a wok or saucepan over high heat, add sesame oil, followed by garlic, ginger, coriander, star anise, cinnamon quills and green onions
3. Stir to combine, deglaze wok with Shaoxing wine. Add brown sugar, soy sauce and water. Bring to the boil, stirring to dissolve sugar. Reduce heat to a gentle simmer and cook for 25 minutes to allow the flavours to infuse.
4. Place mirepoix in a gastronome, top with lamb ribs, meat side down, bones up. Pour over master stock. Cover with baking paper and foil, place in the oven. Cook for 1 ½ hours.
5. Drain ribs, reserving masterstock. Strain masterstock, reserve for another use. Set aside ribs to rest.
6. For Marinade: Combine Gochujang, ginger, honey and mirin in a jug. Whisk well to combine. Pour over lamb ribs, coat ribs well in marinade. Heat a large frying pan over medium-high heat, add ribs and marinade. Cook for 5-8 minutes or until caramelized.
7. Garnish with shallots, bean sprouts, coriander and sesame seeds. Serve with noodles, cucumber, chilli, lime wedges and fried green onion sprinkle.

INGREDIENT LIST

Lamb

- 3kg lamb ribs

Masterstock

- 20mls sesame oil
- 25g garlic cloves, crushed
- 60g piece ginger, thickly sliced
- 25g coriander roots and stems
- 8 star anise
- 4 cinnamon quills
- 150g green onions (shallots), chopped
- 250ml Shaoxing wine
- 185g brown sugar
- 375mls light soy sauce
- 3 litres cold water

Mirepoix

- 100g carrot, diced
- 100g celery sticks, diced
- 120g onion, diced
- 1 ½ litres Masterstock

Marinade

- 125g Gochujang paste
- 40mls lime juice
- 15g grated ginger
- 40g honey
- 20mls mirin

Serving Suggestions

- Noodles
- Cucumber
- Carrots
- Chilli
- Coriander
- Shallots
- Gren rice sprinkle and lime wedges

