



## Middle Eastern Lamb Ribs

Lamb ribs are meaty, juicy and lamby – and much daintier to eat than big pork or beef ribs. You can bake lamb ribs with any seasonings you'd use for the larger ribs – but being lamb, my thoughts immediately turned to Middle Eastern spices.

**Serves 2–4**



### INGREDIENTS

- 1 x 700g rack lamb ribs (1½lb)
- 1½ tablespoons extra virgin olive oil (30ml)
- 2 teaspoons Lebanese 7 spice (baharat)
- 1 teaspoon salt flakes, crushed
- ½ teaspoon ground cumin
- About ¼ teaspoon cayenne or other chilli powder, to taste

### METHOD

1. Pat the lamb ribs dry with paper towel.
2. Score the fat in a crosshatch pattern.
3. Combine remaining ingredients and rub all over the lamb.
4. Set aside for 1–2 hours in a cool place at room temperature.
5. Preheat oven to 180°C (355°F).
6. Place ribs on a wire rack in a baking dish and bake for 50 minutes.
7. Remove from oven and set aside in a warm place for 5 minutes.
8. Cut into individual ribs (poultry shears are good for this).
9. Pile lamb on a platter and serve.