

Brazilian Lamb Ribs with Barbecue Sauce



Serves: 6-8

Profitability:

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Ingredients:

FOR THE SPICE RUB

4 tbsp Tate & Lyle Fairtrade Dark Soft Brown Sugar

2 tbsp sweet smoked paprika

2 tbsp ground cumin

1 tbsp ground turmeric

½ tsp cayenne pepper

1 tsp ground black pepper

4 tsp dried oregano

2 tbsp salt

2 kg lamb ribs, cut into single ribs

FOR THE BARBECUE SAUCE

3 tbsp vegetable oil

1 medium onion, peeled & finely chopped

6 cloves garlic, peeled & crushed

½ spice rub mixture

225ml apple juice

75ml cider vinegar

75ml cider vinegar 75g Tate & Lyle Fairtrade Dark Soft Brown Sugar

Steps:

Combine sugar, spices, herbs and salt in a bowl, then divide in half

Preheat the oven to 170°C

Place the ribs in two large roasting tins, sprinkle them with half of the spice mixture and rub it in well. Pour 100ml water into each pan and roast on the top and middle shelves for 2 hours, swapping over halfway through and turning the ribs over

Pour off the fat. The ribs are ready when crisp, browned and all the fat has been rendered from the lamb

Pour the vegetable oil into a pan, add the onion and garlic and cook over a lowish heat for 15-20 minutes until soft, stirring occasionally

Stir in the rest of the spice mixture and cook for 2 minutes. Add the apple juice and vinegar, increase the heat and cook for about 12-15 minutes to reduce it down

Stir in the brown sugar and cook for another 3-4 minutes until thickened but still with some liquidity

Take some of the sauce and brush it all over the ribs. Return to the oven and cook for a further 8-10 minutes until sticky and glazed. Transfer to a serving dish and serve with the rest of the barbecue sauce

If barbecuing the ribs, cook them in the oven as before, brush with the sauce and then finish off on the barbecue over a moderate heat for a few minutes until sticky and glazed