

Lamb Riblets

By Our Friend Linda



Serves 4-6

Time 2+ hrs

INGREDIENTS

1 Tbs kosher salt
4-6 carrots sliced thin
1-2 onion cubed
4-6 stalks celery cut into small pieces
3 sets of lamb riblets
2 tsp dried oregano or a few sprigs fresh
2 tsp dried thyme or a few sprigs fresh
2 cans tomato sauce diluted with 1 c. water
1 c. extra virgin olive oil
6-8 medium-sized roaster potatoes cubed

PREPARATION

Step 1 Sprinkle bottom of roasting pan with carrots, onions and celery.

Step 2 Season lamb riblets with salt, thyme and oregano. Lay on top of vegetables.

Step 3 Preheat oven to 350F .

Step 4 Add tomato sauce diluted with water and mixed with olive oil to roasting pan.

Step 5 Combine the sage, garlic, fennel pollen, kosher salt, pepper, and olive oil in a food processor and process until smooth, about 1 minute. Rub this mixture into the nooks and crannies in the surface of the ham.

Step 6 Cover and bake for 1 hr.

Step 7 Uncover and add chunks of potatoes.

Step 8 Continue baking and baste for another 30 minutes until potatoes are done.

Step 9 Uncover and add chunks of potatoes.

Step 10 Continue baking and basting for another 30 minutes until potatoes are done.

Step 11 Remove all solids to another baking dish. Cover and refrigerate. Chill remaining broth. Skim off fat. Add broth, reheat and serve.

Recipe good for lamb shanks as well but takes additional time.