

Six Gun Grill Marinated Lamb Riblets

1.5 kg	Lamb Rib
200 ml	Six Gun Grill Sauce (Product Code: 8110921)
1	Natvac Bag 250 x 350 mm 70 micron (Product Code: 6407130)

METHOD

1. Ask your butcher to separate the lamb ribs (cut into riblets) so they cook faster.
2. Pour over the **Six Gun Grill Sauce**, if not using immediately vacuum pack using recommended **Vacuum Bag**.

COOKING METHOD: BRAAI

1. Heat a braai for direct cooking over medium heat.
2. Once ready, place the riblets on the braai and cook them, turning every 3 - 5 minutes, until the fat start to crisp and the meat start to pull back from the bone.
3. Remove from the heat and allow to rest for 5 minutes before serving.

COOKING METHOD: OVEN

1. Pre-heat the oven to 180° C and line a large baking sheet with baking/parchment paper.
2. Remove the ribs from the bag, reserving the marinade, then place the ribs on a sheet pan lined with parchment paper or foil and spoon over half of the reserved marinade.
3. Place the ribs in the oven and allow to bake for 20 - 25 minutes then brush with the remaining marinade every 10 minutes, turning the ribs over so they caramelise on both sides. After 40 minutes, increase the temperature to 220° C and allow the ribs to caramelise.
4. Remove from the oven when the ribs are sticky and caramelised and serve.

COOKING METHOD: AIR FRYER

1. Remove from **Vacuum Bag** reserving the marinade and place at room temperature for 30 minutes.
2. Place the riblets into the air fryer basket. Be sure to place them side by side not overlapping each other.
3. Cook in the air fryer for 20 minutes at 180° C. There is no need to pre-heat the air fryer. Once done, turn them over and brush some of the remaining marinade over the riblets. Pop it back into the air fryer and continue the cooking process with another 10 minutes.
4. Once the air fryer turns off, remove the basket from the air fryer.

SERVING

1. Serve with your favourite sides like **Grilled Sweet** and **Sticky Sweet Corn** and **Butternut Mash**.



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