

Ribs – Lance Rosen

Saucy glaze lamb ribs, char-grilled cos salad, Caesar dressing, Parmesan and chives

Lamb rack ingredients

4 racks lamb ribs
2 C Big Boy BBQ Rib Glaze
1 C Coke regular

Salad ingredients

2-4 baby cos lettuce heads
Grana Parmesan block
Chives
Caesar salad dressing (store bought) or
Homemade dressing
150g Kewpie mayonnaise
50g ranch dressing
1 tbs Dijon mustard
1 tbs Apple cider vinegar
Salt to taste
Optional ingredients for the dressing
1 soft boiled egg, grated into the dressing
4 Ortiz anchovies chopped fine
4 tbs grated Parmesan
Olive oil spray

Spritz ingredients

1 C Water
¼ C Worcestershire sauce
¼ C Apple cider vinegar

Cold smoke

Smoke tube and smoke pellets

Fire set up method

Half fill the smoke tube with pellets
Set up the BBQ for indirect heat initially then direct heat to finish with your choice of smoking wood

Spritz method

Make the spritz by mixing the water, Worcestershire sauce and apple cider vinegar together

Rib method

Thin down part of the rib glaze with coke (1 Rib Glaze to ½ Coke ratio)

Trim the lamb ribs

Cold smoke the lamb ribs with the pellet tube for 1 hour then add a chimney starter to the coals to begin the hot part of the cook

Slow smoke the lamb ribs until almost tender

Glaze the lamb ribs over direct heat brushing layers of the coke and rib glaze mixture and turning at least 5 times

Spritz as required

Rest in a tray covered with clingfilm, meat side up so that the plastic that doesn't touch the meat

Salad method

Mix the ingredients for the Caesar dressing if you are making your own

Feel free to add grated Parmesan cheese, soft boiled egg and anchovies for a more traditional dressing

Cut the cos in half, top to bottom

Wash and partially drain

Spray the clean grill grates with olive oil spray

Char-grill the cos with the cut side face down then flip

The excess water from washing will help cook the salad head and should steam away

Don't overcook, the lettuce should still have some crunch

Remove from the heat and lightly dress with the Caesar dressing while the cos is still warm

Serving method

To serve, brush the lamb ribs with some undiluted Rib Glaze

Cut the lamb ribs

Plate the cos, add more dressing to taste

Add some more dressing to taste

Sprinkle cos with chives and grate over the parmesan