

Korean BBQ Lamb Ribs



Ingredients

For the Lamb

- 1.5kg lamb ribs, excess fat trimmed
- 1/2 cup soy sauce
- 2 tbsp Chinese rice wine
- 1/3 cup brown sugar
- 1 tsp coriander powder
- 2 tbsp sesame oil
- 1 tbsp Gochugaru (or substitute paprika)
- 6 garlic cloves
- 3cm piece ginger
- 1 onion, peeled

- 1 nashi pear, peeled and cored (or substitute apple)
- 1 tsp ground black pepper

For the Salad

- 1/2 wombok, finely shredded
- 3 spring onions, sliced finely on the diagonal
- 1/2 bunch continental parsley, coarsely chopped
- 1 tbsp soy sauce
- 1 tbsp Chinese rice wine
- 1/2 tsp sesame oil
- 1 tsp brown sugar
- White sesame seeds, to serve

Directions

Step 1 – Cut the lamb ribs into individual riblets. In a food processor, combine the soy sauce, Chinese rice wine, brown sugar, coriander powder, sesame oil, Gochugaru (or paprika), garlic, ginger, onion, nashi pear (or apple), pepper and 1/4 cup of water and blitz to a smooth paste. Place the riblets and the marinade into a large bowl or ziplock bag and mix together to combine. Marinate for up to 24 hours.

Step 2 – Preheat the BBQ to medium – high heat (200° to 220°C) and ensure the grills are clean and ready for direct cooking.

Step 3 – Remove the riblets from the marinade and reserve the marinade. Grill the riblets, cooking for 2-3 minutes on each side, brushing with the marinade, until charred and cooked through. Remove from the grill, cover loosely with foil and set aside.

Step 4 – In a large bowl, combine the wombok, spring onions and parsley. Whisk together the soy sauce, Chinese rice wine, sesame oil and brown sugar until well combined, then dress the salad.

Step 5 – Serve the salad with the lamb riblets, sprinkled with sesame seeds.

