



**Miele**

# Caramelised lamb ribs

By Shannon Bennett

**35 minutes, plus an additional 2 days for marinating**

Prep time

**55 minutes to 8 hours depending on chosen method**

Cooking time

**4-6 Servings**

Serves

## INGREDIENTS

### Lamb ribs

1.5 kg lamb ribs  
150 g brown sugar  
30 g five spice powder  
30 g chilli powder  
15 g garlic powder  
15 g smoked paprika

### Caramel sauce

160 g rock sugar, grated  
150 ml young coconut juice  
2 diced red chillies  
20 ml oyster sauce  
2 shallots, peeled and cut into small wedges  
30 g garlic, peeled and crushed  
10 g chili flakes  
2 limes, juiced  
40 ml fish sauce  
Sea Salt to taste

### Miele Accessories

Vacuum sealing bag  
Steam tray  
Universal tray

## **METHOD**

### **Sous vide method**

1. Combine lamb, brown sugar, five spice, chili powder, garlic powder and smoked paprika in a vacuum seal bag.
2. Vacuum seal and allow to marinate for at least 1 hour and up to 2 days.
3. Place in the steam oven and steam at 65°C for 8 hours

### **Pressure Steam Oven method**

1. Combine lamb, brown sugar, five spice, chili powder, garlic powder and smoked paprika in a vacuum seal bag.
2. Vacuum seal and allow to marinate for at least 1 hour and up to 2 days.
3. Remove all lamb from the bag and place all ingredients into a deep steam tray. Cover with foil and pressure steam at 120°C for 45 minutes or until the meat falls off the bone.

### **Caramel Sauce**

1. In a heavy based pot on a medium to high heat, Induction setting 7, mix rock sugar and coconut juice, bring to the boil, cool and reduce until a light caramel forms (approximately 7-8 minutes).
2. Remove the pot from heat
3. Add remaining ingredients to the caramel, stir until combined.
4. Season with lime juice and fish sauce, to taste.

### **To Serve**

1. Once cooked, place the lamb ribs on a grilling and roasting insert placed in a universal tray.
2. Pre-heat oven on Fan Grill at 200°C. Place lamb on shelf position 4 and cook for a further 10 minutes.
3. Carve lamb into individual ribs.
4. Arrange over a large serving platter, drizzle over the warmed sauce and serve.