Tandoori Lamb Ribs

Yoghurt, lemon and tandoori paste cling to each rib. A gentle first roast softens the meat before the edges take on colour.



SERVES 2 AS A MAIN / ROASTING TIN, RACK AND FOIL

Prep 10 min · Marinate 1 hr · Roast 1½–2 hr

Ingredients

800 g bone-in lamb breast ribs, cut into individual ribs about 10 cm long

60 g tandoori paste and 30 g plain natural yoghurt

20 ml fresh lemon juice

Black pepper and a little salt, to taste

100 ml water for the roasting tin, plus extra if needed

½ small cucumber, sliced, to serve

At the bench

1. Coat the meat

Mix the paste, yoghurt and lemon. Rub into the ribs and refrigerate for at least an hour.

2. Roast gently

Place on a rack over a little water. Cover and roast until a skewer slips easily into the thickest meat.

3. Brown the edges

Uncover and turn the oven up. Let the coating colour, then rest and serve with cucumber.

KOOK'S SECRET

Test the thickest rib before you take the foil off. If the skewer meets resistance, give the ribs another 10 minutes covered. The final blast of heat is for colour.

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The full method

01 **Marinate the ribs**

Trim away loose fat, leaving a thin layer. Mix the tandoori paste, yoghurt, lemon juice and pepper. Taste the mixture for salt before adding the lamb. Rub over the ribs, cover and refrigerate for at least 1 hour.

02 **Roast until tender**

Heat the oven to 170°C conventional (150°C fan). Set a rack in a roasting tin and pour the water underneath. Set the ribs on the rack in one layer. Cover tightly with foil and roast for 75–105 minutes, checking from 75 minutes. A skewer should slide easily into the thickest meat. Top up the water if the tin dries out.

03 **Colour and rest**

Remove the foil. Increase the heat to 220°C conventional (200°C fan) and roast for about 10–15 minutes, turning once, until the rubbed edges darken. Rest for 5 minutes and serve with the cool cucumber.

FROM MARK'S KITCHEN

Leave a small gap around each rib on the rack. The hot air can reach both sides and the coating stays on the meat.