

# Lamb Rib Roll



Source: [https://www.facebook.com/pg/janbraai/videos/?ref=page\\_internal](https://www.facebook.com/pg/janbraai/videos/?ref=page_internal)

This recipe is by a South African chef, Jan Braai. I've translated his proportions from having tried the recipe (his lambs must be larger than ours!), but feel free to play around with things yourself.

## Ingredients:

- One whole deboned lamb rib (also known as lamb breast)
- Juice of ½ lemon
- 1 “tot” salt (~ ½ teaspoon)
- 1 tot black pepper (~ ½ tsp)
- ½ red onion (sliced)
- 100 g (~ ¼ lb) feta cheese, crumbled
- 85 g (~ 3 oz) sun-dried tomatoes, diced
- 1 tot capers (~ 1 tablespoon)
- ½ C mutton stock (I'm sure beef or chicken stock would do)
- ½ C dry white wine

## Directions:

Sprinkle lamb rib section (rib side showing) with lemon juice. Sprinkle with salt and pepper. Layer the sliced red onion on top, then the crumbled feta cheese, followed by the sun-dried tomatoes and the capers. Roll it tightly, and tie with butcher's string. Place in a large pot, and add the ½ C stock and the ½ C white wine. Simmer, covered, for 60 minutes or until tender. Cool it until it's easy to handle (may be prepared ahead of time to this point). Cut the rib roll into slices; carefully transfer slices to a grilling basket (for example, a fish basket) or baking sheet. Grill (or broil) 5 minutes or until “crispy”.