

# Glazed Alberta Lamb Ribs



## Ingredients:

2 lbs Alberta Lamb ribs  
1 onion  
1 tsp. cinnamon  
1 tsp. ground cumin  
Salt and black pepper to taste  
½ tsp. dried chillies  
½ cup liquid honey  
3 oranges, zest and juice  
1 cup chicken stock

## Method:

Season ribs with cinnamon, cumin, chillies and salt and pepper and roast with onions in 400° oven until evenly browned- about 25 minutes. Add honey, orange juice and zest and chicken stock to browned ribs. Cover with foil and braise in oven at 350° for 1 hour or until tender. Strain off liquid and reserve. Cool braising liquid and remove fat, heat in saucepan and reduce to the consistency of a glaze. Grill ribs to reheat on BBQ. Brush with glaze near end of heating so not to burn.

Recipe courtesy of Chef Darren Nixon

Your Notes



You've got **GREAT** taste!

[www.AlbertaLamb.ca](http://www.AlbertaLamb.ca)