

## Lyndey Milan

### Appliance: Philips Premium All in One Cooker

### Recipe: Slow cooked lamb ribs with yoghurt and feta sauce

This is a Greek-inspired dish using a more inexpensive cut. Cooking like this removes much of the fat.

Serves 4 or more as finger food

Preparation time 10 minutes

Cooking time 35 minutes fast cook of 8 hours slow cook

3 lamb riblet sets (with about 4 - 6 ribs in each set), *see note below*

2 tablespoons extra virgin olive oil

3 tablespoons rigani, lightly crushed

2 tablespoons dried mint

Grated zest two lemons

Freshly ground black pepper

Freshly ground salt

#### Yoghurt

1 litre pasteurised milk at room temperature

200g natural yoghurt

#### Yoghurt and feta sauce

200g feta, crumbled

1 garlic clove, peeled

1 teaspoon dried red chilli flakes

1 teaspoon dried mint

½ cup dill leaves

1 cup (350g) yoghurt (made in machine)

Freshly ground black pepper and salt

- 1. For the yoghurt:** Combine milk and yoghurt in the pot. Close the lid, press MULTI-COOK menu until YOGHURT button lights up. Press START, it will set cooking time for 8 hours.
2. Cut lamb riblets into individual ribs. Combine oil, rigani, mint, lemon rind and pepper. Rub mixture over lamb ribs and stand for 30 minutes or refrigerate and stand overnight.
3. Set All-in-One cooker to saute function and brown ribs on all sides, approx. 5 minutes
- 4. Pressure Cooker Method:** Close lid, lock and set on pressure cooker and set time for 30 mins. The All In One will do the rest of the work for you and let off steam at the end of the cooking time.
- 5. Slow-cook method:** Close lid and lock. Set to slow cooker low-heat & set time for 8 hours.
- 6. For Yoghurt and feta sauce;** Combine feta, garlic, chilli flakes, mint and dill in a food processor and pulse until just combined. Stir through yoghurt. Season to taste with salt and freshly ground black pepper.
7. Serve riblets with Yoghurt and feta sauce for dipping or drizzling over the meat.

**Lyndey's Note:** Lyndey's note: Lamb riblets are cut from a square cut shoulder of lamb. You may need to order them from your butcher. They have a good amount of juicy meat and are perfect for slow roasting. You can also use Lamb ribs from the breast and flap, though they don't have as much meat. Alternatively, you could season lamb cutlets with the herb mix and chargrill until just tender and serve drizzled with the sauce.