

Asian Glazed Lamb Ribs

8 servings

Preparation time: 20 minutes

Marinate time: 4 to 6 hours

Cook time: 1 hour

- 4 **American Lamb** spareribs, trimmed
- 1 teaspoon salt
- 1/2 teaspoon pepper

Asian Marinade

- 3/4 cup soy sauce
- 3/4 cup hoisin sauce
- 1/2 cup Mirin (a Chinese wine), or sherry
- 2 tablespoons honey
- 2 tablespoons lime juice
- 2 teaspoons diced fresh gingerroot
- 2 teaspoons sesame oil
- 1 teaspoon 5-spice powder

Rub salt and pepper into ribs. In shallow glass pan, combine Asian Marinade ingredients; reserve 1/2 cup for basting. Add ribs, turning to coat. Cover and refrigerate 4 to 6 hours.

Place ribs on grid of broiler pan, discard marinade. Roast in 375°F oven 40 minutes, basting every 15 minutes.

To Grill: One hour before grilling, season ribs. Cook over medium-hot coals. Cover and grill 4 inches from coals for 50 to 60 minutes, turning every 10 minutes. Brush on glaze last 10 to 15 minutes of grilling.

Nutrition per serving: 455 calories, 28 g protein, 10 g carbohydrate, 32 g total fat (64% calories from fat), 114 mg cholesterol, 0 g fiber, 1168 mg sodium, 8 mg niacin, 0.14 mg vitamin B6, 3 mcg vitamin B12, 3 mg iron, 5 mg zinc.

Recipe and image provided by the American Lamb Board