

DEBONED LAMB RIBLET LOLLIPOPS WITH FRESH CHERRIES

accompanied by a grilled watermelon, plum & toasted sorghum salad



Deboned lamb riblets with fresh cherries on a skewer, grilled with a pomegranate and sour cherry glaze and served with a grilled watermelon, plum and toasted sorghum salad.

DEBONED LAMB RIBLET LOLLIPOPS WITH FRESH CHERRIES



Ingredients

Lamb

- 12 Deboned Lamb riblets
- 24-36 Cherries, fresh or tinned, pitted
- 1 tablespoon Olive oil
- 1 Lemon, juiced
- 1 teaspoon Salt
- ½ teaspoon Pepper, freshly ground
- 1 teaspoon Ground coriander
- 12 Sosatie skewers (medium length)

Glaze

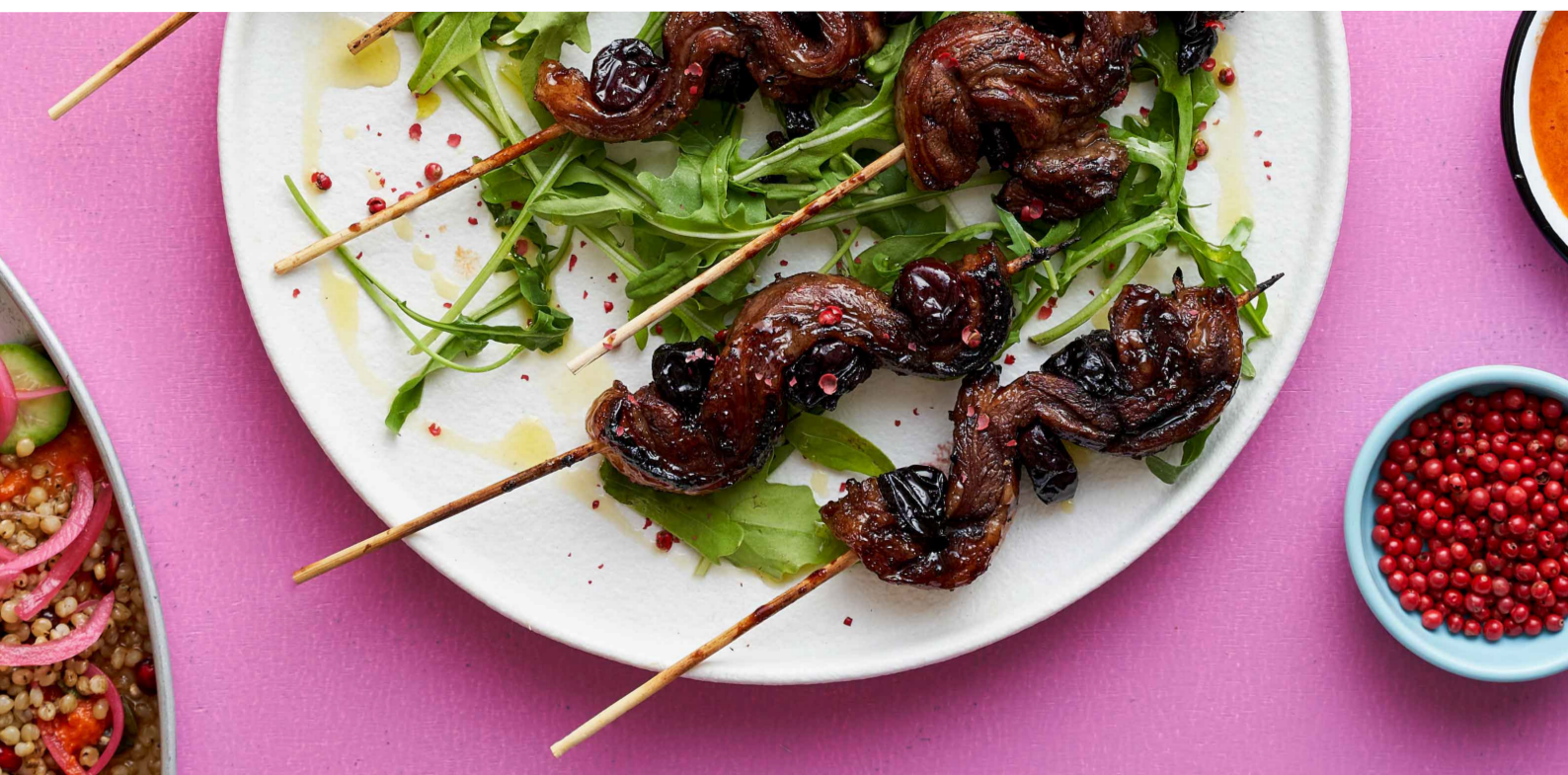
- 1 cup Pomegranate juice
- ½ cup Sour cherry juice /or any berry juice/ juice from the tinned berries
- 3 tablespoons Honey
- 2 tablespoons Balsamic vinegar
- 2 sprigs Thyme, fresh

Prepare the lamb:

1. Soak the skewers in water 10 minutes before using.
2. Take the lamb riblet and snake it on the skewer with a cherry between each layer of meat.
3. Repeat the process with all the meat until you have 12 lamb 'lollipops'.
4. Rub the meat with olive oil and lemon juice and season with the salt, pepper and coriander.
5. Braai over medium coals, and baste with the pomegranate and sour cherry glaze
6. Serve with grilled watermelon, plum and toasted sorghum salad.

Prepare the glaze:

7. Mix the pomegranate juice, cherry juice, honey, vinegar and thyme in a small saucepan, bring to the boil and cook for 10 to 15 minutes, until slightly thickened.
6. Remove from the heat and remove the thyme sprigs and use as a basting sauce for the lollipops.



GRILLED WATERMELON, PLUM & TOASTED SORGHUM SALAD



Ingredients

2 cups Sorghum, rinsed and soaked overnight
1 teaspoon Olive oil
2 sprigs Thyme
2 Bay leaves
8 cups Vegetable stock or water
1 teaspoon Salt
1 small Watermelon, seedless
4 tablespoons Honey
2 tablespoons Olive oil
1 Lime, zest and juiced
8 Plums, halved and stones removed
2 tablespoons Butter
2 tablespoons Brown sugar
¼ teaspoon Cinnamon
1 small Cucumber, sliced

1 small Red onion, halved, thinly sliced, soaked in ice water for 5 minutes and drained
½ cup Feta cheese crumbled
2 cups Baby spinach, washed and dried

Dressing

1 cup Watermelon scraps
2 tablespoons Honey
2 tablespoons White balsamic vinegar
1 tablespoon Pomegranate glaze
1 tablespoon Dijon mustard
½ cup Olive oil
½ teaspoon Salt
½ teaspoon Finely cracked pink pepper

Prepare the salad:

1. Drain the sorghum and heat 1 teaspoon of olive oil in a large saucepan over high heat. Add the drained sorghum and toast in the pan until nutty brown. Add the thyme, bay leaves, stock and salt and reduce the heat and simmer until the sorghum is tender, 80-90 minutes. Drain and transfer the sorghum to a large bowl. Remove the thyme and bay leaves.
2. Preheat the grill to 250°C or prepare the barbeque to a high heat. Clean and prepare the grids, oil lightly.
3. Prepare the watermelon: Slice the watermelon crosswise into thick slices about 2,5 cm, keeping the rind on for easier handling on the grill.
4. Mix the honey, 1 tablespoon olive oil, juice and zest of the lime in a bowl. Rub all over the slices of watermelon and chill for 10 to 15 minutes. Place on a hot grill or grill pan for 2 minutes on each side to achieve the grill marks. Remove and cool.
5. Once cooled, keep whole or alternatively cut into large wedges and save the leftover pieces for the vinaigrette.
6. Prepare the plums: Melt the butter and brown sugar and ¼ teaspoon cinnamon in a small saucepan until blended. Brush over the plum halves for grilling, place on the oiled grid and grill over medium to high heat until the plums have softened and warmed. Remove from the grill and cool.

Prepare the dressing:

7. In a blender, add the leftover watermelon scraps, honey, balsamic vinegar, pomegranate glaze, Dijon mustard. Blend and once blended lower the speed and slowly drizzle in the olive oil. Season with salt and crushed pink peppercorns.

Assembling the salad:

8. Toss the sorghum, plums, cucumber, pumpkin seeds, cherries/cranberries, sliced onions with vinaigrette to coat lightly. Add the crumbled feta and fold gently.
9. Dress the baby spinach, arugula and mint with 1 tablespoon olive oil. Place the dressed leaves on top of the grilled watermelon disc, fruit and sorghum salad.