



TASTING TABLE

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Smoked Lamb Breast

Recipe adapted from Gary Wiviott

Makes 2 servings

- 1 bone-in lamb breast (approximately 2 pounds)
- ½ cup white vinegar (for rinsing the meat)
- ¼ cup yellow mustard
- ½ cup Gary Wiviott's Barbecue Rub (available at The Spice House)

1. Trim the flap off the rack of ribs. Rinse the meat with the white vinegar and rub with the mustard. Sprinkle the spice rub over the entire rack and lightly massage it into the meat.
2. Heat a smoker to 250°. Put the meat on the smoker and cook for 2 hours. Depending on the temperature and size, the breast should take 2 to 2½ hours to cook. It's done when the meat has pulled away from the bone and a two-tine meat fork slides easily into the meat.
3. Remove the meat from the smoker and let rest for 10 minutes. Slice as you would a rack of ribs and serve.

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