

Chef from the Hood Recipes



Chef:

Brandon Guenther

Restaurant:

Valley Ford Hotel and
Rocker Oysterfeller's Kitchen & Saloon

Recipe:

Valley Ford Hotel's Braised Lamb Shank with a side of
Goat Cheese Grits & Fried Sage!



Valley Ford Hotel's Braised Lamb Shank with a side of Goat Cheese Grits & Fried Sage!

Ingredients for Lamb Shank:

- 7 Frenched lamb shank
(Chef prefers locally raised lamb)
- 1/2 cup olive oil (Asti or DaVero)
- 3 large carrots, large dice
- 1 head celery, large dice
- 3 large yellow onions, cut in large chunks
- 1 bottle full-bodied red wine (Pacific Palate Paradiso) (Cabernet, Merlot, Syrah, etc.)
- 2 cups canned whole tomatoes (Muir Glen)
- 1/2 bunch fresh tarragon
- 10 sprigs fresh thyme
- 2 tablespoons coriander seed (Morton & Basset)
- 8 cloves (Morton & Basset)
- 2 bay leaves (Morton & Basset)
- 2 Tablespoons salt (Hain or Sea Star)
- 2 tablespoons black peppercorns, whole
- 3 tablespoons butter, small dice (Clover)
- salt and fresh ground pepper, to taste

To prepare:

Preheat oven to 250° Fahrenheit. Heat large cast iron skillet or brazier pan over medium heat. Season lamb shanks generously with salt and pepper. Add olive oil to pan. When oil is just smoking, add shanks. Deeply caramelize shanks on all sides and remove from pan. Add vegetables to hot pan and turn until caramelized. Deglaze pan with wine, scraping up browned bits from bottom. Return shanks and remaining ingredients to pan. Add water until liquid comes halfway to three quarters up sides of shanks. Bring liquid to a simmer on stove, top with parchment paper, tightly cover with foil and place in oven. Cook for three hours at 250° (until lamb comes off the bone with little resistance. Remove shanks and set aside in warm place or in low oven (keep covered with foil). Strain braising liquid from vegetables and spices into a saucepan (dispose vegetable and spice solids). Boil sauce over medium heat, stirring occasionally, until reduced by half. Remove from heat and swirl in chunks of butter until melted. Season sauce with salt and pepper to taste; keep warm.

Ingredients for grits:

- 1 large yellow onion, minced
- 3 cloves garlic, minced
- 3 tablespoons olive oil
- 2 cups stone ground
- yellow grits or polenta
- 10 cups boiling milk (Clover)
- salt & fresh ground pepper
- 4 tablespoons butter (Clover)
- 1 pound fresh, locally made goat cheese

To prepare grits:

Add onion, garlic and olive oil to saucepan and sweat over low heat until onions are translucent. Add boiling milk and bring back up to a boil. Whisk in grits until smooth and transfer to top of a double boiler. Cook, stirring frequently, until granules are softened and not gritty (about 20 minutes). Remove from heat and whisk in butter. Season to taste with salt and pepper. Crumble goat cheese and fold into warm grits.

Ingredients for fried sage garnish:

- 1 bunch fresh sage
- 1 cup canola oil
- salt

To prepare sage:

Heat oil in sauté pan to 300 degrees Fahrenheit. Pat sage dry if moist; add individual sage leaves to oil. Fry until bubbling stops. Remove with slotted metal spoon or spider. Drain on paper towels. Season with salt.

To assemble:

Place 1 cup warm grits on each plate. Lean a lamb shank on grits. Spoon sauce over shank and garnish with fried sage.