

## Chef from the Hood Recipes



**Chef:**

Christophe Preyale & Scott Snyder

**Restaurant:**

Lutecia

**Recipe:**

Lutecia's Pot Roast of lamb shoulder!

**Ingredients:**

1 shoulder of lamb  
(ask Fiesta or Pacific butcher to tie with string as for a roast)

2 cups (more or less) of peeled garlic cloves

1 stalk celery cut in half

1 carrot cut into thirds

1 onion cut into quarters

2 or 3 bay leaves

olive oil & butter

salt & pepper

1 cup flour

1/2 cup water

heavy roaster with lid

You know how the heady aroma of slow-cooked pot roast fills your kitchen. Now imagine Lutecia's pot roast simmering for hours above 2 cups of garlic, the glorious drippings used as a sauce over slices of moist and succulent lamb, and plated with homemade mashed potatoes, orzo or rice. Pour yourself a glass of Burgundy or a good Sonoma red, sigh deeply and imagine that you are seated at a cafe table in Paris. Anais Nin looks across at you with kohl rimmed eyes and says, The possession of knowledge does not kill the sense of wonder and mystery. There is always more mystery. Mmmmmmmm, you say to yourself, Anais is right. Lutecia's agneau braisee au jus is heavenly. What a relief to know there is more!

Season tied roast all over with salt and pepper. Cover the bottom of roasting pan with peeled garlic. Place lamb over garlic and add celery, onion, carrot, bay leaves and a splash of olive oil (about 2 Tbsp.). Cover.

Mix flour & water to create a sticky dough. Roll into a long snake and use it to seal the crack between the pan & the lid. Place roast in 350° oven for at least 2.5 hours. Prick meat to test. If it bleeds, return to oven. When done remove roast from pan and set aside on a plate. Remove celery, carrots, bay leaves & onion from pan.

Place pan halfway over lit burner. The grease will move to one side, away from heat. Remove grease with spoon. Add butter (1 Tbsp.) to the sauce, swirling to finish. Slice lamb thinly, spooning sauce & garlic over.