

Chef from the Hood Recipes



Chef: David Connors, Executive Chef, Fiesta & Pacific Markets

Restaurant: What's Cooking at Fiesta & Pacific Markets?

Recipe: Braised Lamb Shanks!

Ingredients:

- » 1 ounce olive oil (Da Vero Dry Creek, suggested oil)
- » 4 lamb shanks, 14 ounces each
- » 1 cup flour, seasoned with salt & pepper (King Arthur Unbleached suggested flour)
- » 2 large carrots, 4 celery ribs & 2 big white onions, cut into large dice, pile together on cutting board
- » 2 cups red wine (Pinot Noir or Pacific Palate Paradiso)
- » 6 whole cloves of garlic, crushed
- » 1 & 1/2 quarts beef stock (Imagine brand suggested)
- » 3 bay leaves
- » 2 sprigs of fresh thyme
- » 1 teaspoon whole black peppercorns
- » 2 large tomatoes, diced
- » Kosher salt & freshly ground black pepper

Preparation:

Season flour with salt & pepper and lightly dust each lamb shank. Heat olive oil in a heavy pot, deep-sided casserole or skillet. Shake off excess flour from shanks and sauté each until golden brown. Remove shanks from skillet and add carrots, celery and onions to the pan. Sauté these vegetables until lightly golden brown or caramelized. Add the red wine to the pan and deglaze, scraping flavorful bits from the bottom of the pan. To this liquid add garlic, beef stock, bay leaves, thyme, peppercorns, tomatoes and the lamb shanks. Bring to a boil, and then reduce to a simmer. Cook over low to medium heat for about 2 hours or until the meat almost falls off the bone.



How to Roast Root Vegetables:

Cut a combination of root vegetables into large dice. Consider using turnips, rutabagas, potatoes, carrots, etc. (Note: Small root vegetables tend to be sweeter than large. Pick small ones if possible.) Next, toss diced vegetables with a combination of olive oil and/or melted butter, salt &

pepper. Roast in a single layer on a sheet pan in a 350° oven until tender and sweet but not mushy.

Gremolada:

Grate lemon peel until you have 1 teaspoon (Meyer lemon is best, use yellow only, no white pith). OK to combine a bit of orange peel with the lemon peel). Add 1 teaspoon finely minced Italian (flat leaf) parsley and 1/2 teaspoon finely minced garlic. (Other finely minced herbs like sage and/or rosemary may be added – it's up to you!)

Presentation:

Divide roasted root vegetables in 4 wide bowls. Add a shank to each. Spoon on some sauce from the cooking pan (include cooked carrots, celery and onions if you'd like). Sprinkle on gremolada, pour a glass of Pacific Palate Paradiso and enjoy!