

Braised Organic Baby Lamb Shanks w/ Unionville Cabernet

PHOTOGRAPHY BY ANDREW WILKINSON

Ingredients:

4 (3/4 lb to 1 lb each) organic baby lamb shanks
kosher salt and white pepper to taste
8 tbsp extra virgin olive oil
4 tbsp butter

Mirepoix:

4 small peeled carrots, diced
4 small celery stalks, diced
1 large sweet onion, diced

Aromatics:

4 fresh bay leaves
4 sprigs thyme
4 sprigs rosemary

8 cups Unionville Cabernet
12 cups beef stock

Yield: 4 braised lamb shanks w/ 8 cups of Cabernet sauce

Method:

Preheat oven to 300°F.
Heat a Dutch oven on medium heat.

Meanwhile, season shanks aggressively with kosher salt and white pepper.

Add 8 tbsp of extra virgin olive oil and brown the shanks on all sides, remove and set aside to rest.

Discard oil. With heat still at medium, add butter, Mirepoix and aromatics. Brown Mirepoix and aromatics for 3 minutes. Add 8 cups of wine and deglaze, carefully scraping the pan with a wooden spoon to engage all of the "brown fond" left from the searing. Turn heat up and bring to a boil and reduce wine "au sec" (almost dry). Return the shanks to the Dutch oven and add the beef stock. Bring to a boil and cover. Place Dutch oven into the oven and cook for 2 hours.

Remove the Dutch oven and place the Lamb shanks onto a serving platter. With a fine sieve, strain the herbs from sauce and pour over the shanks and serve.

Spinach, Goat Cheese and Sweet Potato Gratin:

Ingredients:

16 oz. organic spinach, sauteed, chopped and strained of all liquid
8 oz. organic goat cheese
8 tbsp bread crumbs
4 tbsp grana padano cheese
4 tsp melted butter
4 tbsp organic heavy cream
4 small sweet potatoes, peeled
Kosher salt and white pepper to taste

Yield: 4 - 4 to 5 oz gratin

Method: For the filling

Combine spinach, goat cheese, grana, bread crumbs and cream together in a bowl, season with salt and pepper to taste.

Method: For the Gratin

Preheat oven to 350°F.
With a Japanese mandolin, slice the sweet potato into discs. Next, in a large bowl toss the sweet potatoes with the melted butter and season with salt and pepper to taste.

Then, using a cup cake "flex-mold" place a layer of buttered sweet potatoes around the mold and a layer around the bottom.

Next, place a dollop of the filling on the bottom layer and make another layer of sweet potatoes. Repeat the filling and sweet potato layers until you have reached the top of the mold. Top with remaining filling and bake in oven for 12 minutes, un-mold and serve.

Sweet Potato Pommes Frites

Ingredients:

4 organic sweet potatoes - orange or white
Kosher salt and pepper
frying oil

Yield: 4 servings

Method:

Peel the potatoes, and use a Japanese mandolin to cut them into matchstick width strands. Preheat a deep pot of oil to 325°F. Deep fry the potatoes in the oil for 5 to 6 minutes, or until a light golden color. Remove the potatoes using a slotted spoon, and allow them to cool to room temperature. Season to taste.

