

TASTE

FALL/WINTER 2017

Braised Lamb and Lima Bean Cassoulet

Chef Amar Santana, Vaca

Created for the 2016 Festival of Children Farm to Table Ranch Dinner at Segerstrom Ranch. Recipe is complex, involving different steps, and should be read in its entirety.

2 each Colorado lamb shanks, about 2 to 2.5 lbs. (combined weight)

½ bottle good red wine

½ bottle port wine

6 each garlic cloves crushed

1 large onion, diced

2 large carrots, peeled and large diced

3 stalks of celery

3 sprigs of rosemary

3 sprigs of thyme

5 bay leaves

Salt and pepper to taste

1 quart low sodium veal or beef stock

Combine all ingredients in first grouping together and marinate in the red wine and vegetables overnight. Strain to remove lamb and vegetables; sear lamb in a hot pan on all sides, take out and let rest. In the same pan caramelize all the vegetables then deglaze with the wine marinade

Reduce by half, add stock, lamb and caramelized vegetables. Season with salt and pepper, cover with aluminum foil and braise in the oven until fork tender at 250-275 degrees for about 3 hours. Cool and remove the meat from the bones. Strain the remaining liquid and place in a saucepan. Reduce by half on the stove and set aside.

For Lima Beans

1 cup dried lima beans

2 bay leaves

2 sprigs thyme

Soak beans in 2 quarts of water overnight; next day strain, rinse and cook in new water, with bay leaves and thyme at medium low heat until tender.

For Bread Crumbs

1 cup panko bread crumbs toasted

2 tablespoons garlic oil

Sea salt and freshly ground black pepper

Lightly toast bread crumbs; place in a bowl, add garlic oil, seasoning and gently toss.

To Assemble The Dish

Mix cooked lima beans with picked lamb meat and reduced braising liquid, taste and adjust the seasoning with salt and pepper if needed. Place in a large baking vessel, sprinkle with panko breadcrumbs and bake in a 350 degree oven for 30 minutes. Serves 4 family-style.

