

Petite Syrah Braised Lamb Osso Buco

Stone Fruit Polenta, King Trumpet Mushrooms, Root Vegetables, Hazelnut Gremolata

Serves 4

Gremolata

2 tablespoons olive oil
1/4 cup hazelnut meal
2 tablespoons minced parsley leaves
2 cloves garlic, minced
1 lemon, zested

Combine all ingredients in small mixing bowl. Set aside.

Lamb Osso Buco

2 tablespoons grapeseed oil
4 - 1 1/4 pound lamb shanks
to taste sea salt and freshly ground black pepper
2 cups peeled, diced carrots
2 cups peeled, diced celery roots
1 cup peeled, sliced parsnips
1/2 cup peeled, diced rutabaga
1/2 cup chopped red onions
3 cups diced tomatoes
6 sprigs thyme
3 bay leaves
6 cloves garlic, crushed
1 bottle petite syrah wine
1 quart beef stock
1 pound king trumpet mushrooms, trimmed, quartered

Preheat oven to 350°F. Add oil to large Dutch oven over high heat. Season shanks thoroughly with salt and pepper. Sear on all sides to golden brown. Remove shanks. Reduce heat to medium. Add carrots, celery, parsnips, rutabaga and onions. Cook 5 minutes, stirring occasionally. Add tomatoes, thyme, bay leaves and garlic. Cook 5 minutes. Return shanks to pot. Pour in wine. Raise heat to medium high. Simmer 5 minutes. Add beef stock and mushrooms. Return to simmer. Cover. Place in oven. Cook 2 1/2 hours or until meat is tender and separates slightly from bone. Using slotted spoon, gently transfer shanks to baking dish large enough to hold them all. Transfer vegetables from broth to small skillet. Cover. Place pot on stove top over medium heat. Reduce broth by two thirds. Skim and discard fat from sauce. Strain through fine sieve into baking dish with shanks. Sprinkle shanks with gremolata. Bake shanks and vegetables 10 minutes.

Polenta

1/2 cup diced sun dried plums
1/4 cup dried cherries
1/4 cup diced dried apricots
1/2 cup apple juice
3 cups vegetable stock
1 cup fine cornmeal
1/2 cup goat cheese
to taste sea salt and freshly ground black pepper

Toss plums, cherries and apricots with apple juice in small bowl. Set aside. Add stock to sauce pot over medium heat. Bring to simmer. Slowly stir in cornmeal. Return to simmer. Cook, stirring constantly until thickened to the consistency of mashed potatoes. Thin with more vegetable stock if necessary. Fold in goat cheese and fruit mixture. Season with salt and pepper.

Presentation

1 tablespoon truffle oil

6 sprigs thyme

Scoop polenta in center of warm shallow pasta plate. Place shank beside polenta. Arrange vegetables around shank. Spoon sauce onto plate. Drizzle with truffle oil. Garnish with thyme.

Bon Appetit...Executive Chef Bernard Guillas

The Marine Room, La Jolla

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