

Pressed Lamb with Carrot Turmeric Purée, and Vadouvan Curry paired with Davis Estates Zephyr

INGREDIENTS:

Pressed Lamb

2 lamb belly (bone in if possible)
2 lamb shanks
4 cups chicken stock
1 cup dry white wine
1 yellow onion, peeled and cut into quarters
8 cloves garlic
4 sprigs thyme
1 bay leaf
Salt and pepper to taste

Carrot Turmeric Purée

2 cups carrots, peeled and sliced thinly
1 cup parsnips, peeled and sliced thinly
1 ½ cups yellow onion, peeled and julienned
½ cup turmeric root, peeled and sliced thinly
3 sticks butter (1 ½ cups)
¼ cup water
Salt and pepper to taste

SERVES: 4-6

Vadouvan Curry

1 cup Shallots, small dice
½ cup garlic, minced
½ cup ginger, minced
¼ cup turmeric root, minced
¼ cup coriander seed
½ cup yellow mustard seed
¼ cup Fenugreek seed
¼ cup ground cumin
2 sticks cinnamon
5 star anise
1 bay leaf
6 sticks unsalted butter (3 cups)

Garnish

Sunflower Shoots



METHOD:

Pressed Lamb

- Season the lamb belly and shanks with salt and pepper and leave them in the fridge for at least 6 hours, overnight is better.
- Sear the lamb shanks and belly in a heavy skillet over high heat, cooking for a few minutes on each side until browned on the outside but still completely raw. Transfer the meat to an appropriately sized Dutch Oven or braising pan and add the chicken stock, wine, onion, garlic and herbs.
- Cover with parchment and then foil or a heavy lid and cook for 3 hours at 325 degrees F.
- Remove the lamb from the oven and let it cool uncovered until it's close to room temperature.
- Remove the lamb from the liquid and pick all of the meat from the bones, discarding excess fat (a little fat in the mix is OK), skin and sinew. With your hands break the lamb meat down until it has the consistency of pulled pork and then check the seasoning. Add salt and pepper if needed.
- Line a 8 x 12 2qt pan with parchment paper, use a little oil on the pan to get the parchment to adhere. Cut a piece of cardboard that will just fit in the top of the pan.
- Add your lamb meat to the pan and cover with another piece of parchment. Place the cardboard on top and add some weight to the top to press the lamb. Cans of beans work well for this.
- Place the lamb in the fridge with the weight on top overnight. Remove the next day, portion the lamb into squares and sear the squares in a non-stick pan. Season with salt and pepper.

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Carrot Turmeric Purée

- Add the butter and water to a large heavy bottomed pot over very low heat. Once the butter is melted, add the rest of the ingredients, and stir every 5 minutes or so until everything is very soft. This will take about a ½ an hour to 45 minutes, depending on how thinly everything is sliced.
- Remove from the heat and let cool for 15 minutes or so. Strain and save the excess liquid from the pot.
- Blend the carrot/ parsnip/ onion mixture in a blender using just enough of the reserved liquid to make a thick purée. Season with salt and pepper to taste.

Vadouvan Curry

- Make a sachet using cheesecloth that contains the cinnamon, star anise and bay leaf and set aside for later.
- In a heavy bottomed pot melt the butter over medium heat.
- Once the butter is completely melted turn the heat up to high. Cook the butter until it begins to brown, stirring at regular intervals. It should have a nutty brown butter scent at this point. Lower the heat to low and add the shallots. Cook on low for 10-15 minutes until the shallots have browned a bit.
- Add the rest of the ingredients including the sachet and continue to simmer over very low heat for another 15 - 20 minutes being careful to not burn the butter.

To Finish

On a warm plate, spread a generous amount of Carrot Turmeric Purée. Place the Pressed Lamb on top. Garnish with a spoonful of Vadouvan Curry and Sunflower Shoots on the side. Serve immediately with a glass of Zephyr.