

Braised Lamb Shoulder with soft polenta and glazed root vegetables

For the lamb: 3 lbs. boneless lamb shoulder cubed ½ cup each 2 cups carrot, tomato, fennel leek, diced 1 head garlic split lengthwise 12 peppercorns ½ bottle syrah 6 cps brown veal stock 6 bay leaves	For the polenta: 2 cps polenta corn meal 3 cps cream 3cps water ½ cp Parmigiano reggiano 4 tbsp. Butter 1 sprig rosemary For the vegetables: 2 bunches small French breakfast radishes 2 bunches baby turnips (cut in half lengthwise) ¼ cp. Sugar ¼ lb. Butter (1 stick) ½ cp. chicken stock
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Directions

Lamb

Prepare the marinade by sautéing carrot, celery, fennel and leeks for five minutes. Add garlic and deglaze with red wine. Add bay leaves, thyme and peppercorns. Simmer until reduced by one quarter. Transfer into a shallow casserole dish and let stand until room temp. Place in refrigerator until completely cool. Season the lamb with sea salt and black pepper. Pour the completely cooled wine mixture over the meat and marinate for 24 hours.

Remove the lamb, brush off aromatics and sear until deep brown on all sides. Combine marinade and veal stock, bring to a simmer and skim off any impurities that rise to the top. Place the lamb in a deep casserole; pour the liquid and vegetables over the meat. Cover tightly and braise in a 325 degree oven for 5 hours. Carefully remove the lamb from the braise. Pass the liquid through a fine mesh strainer into a sauce pan return to the stove and simmer to reduce by ¼, skimming as necessary. Return the lamb and the sauce to a casserole dish, and continue to spoon the sauce over the ribs to create a glaze. Keep in a warm place like an oven shelf or stove top until ready to plate.

Polenta

Combine water, cream and rosemary in a large sauce pan. Bring to a boil and pour in the polenta slowly, stirring rapidly. Turn heat down to a simmer and stir slowly as the polenta thickens. When thick, cover the pot and cook over very low heat for about 15

minutes. Uncover and remove the rosemary. Fold in butter and reggiano and season with salt and white pepper.

Vegetables

Place a sauté pan on medium high heat. Add butter and sugar; simmer until the sugar is melted. Add the vegetables and chicken stock, cook until tender (about 15 min). Season with sea salt and white pepper.

Assembly

Spoon polenta in a bowl, place lamb on top and surround with vegetables; serve immediately.

Serves eight to ten, and you'll likely have leftovers.

This recipe is a perfect winter meal, and pairs great with any Mourvèdre-based Tablas Creek wine.

Special thanks to Chef Jeffrey Scott for the recipe, which was served to complement our 2007 *Esprit de Beaucastel* and 2007 *Panoplie* at our 2008 *en primeur* tasting on December 7, 2008.