

# PULIDO~WALKER

IN THE KITCHEN

## *Braised Lamb with Winter Root Vegetables*

Serves 6 | Preparation + Cook Time: 4 hours

### TOOLS NEEDED:

1 Roasting Pan with Lid  
Wooden meat board for resting & cutting  
2 - Medium Sauce Pots  
Small Mixing Bowl  
Wooden spoon | Vegetable Peeler  
Large Mesh Strainer  
Aluminum Foil  
Serving Platter

### INGREDIENTS:

2.5 lbs boneless Lamb Breast  
or boneless Leg of Lamb  
2 cloves Garlic  
peeled and minced  
2 tablespoons fresh Rosemary  
chopped  
1/4 cup Extra Virgin Olive Oil  
Pulido~Walker preferred!  
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5 tablespoons Canola Oil  
1 medium yellow onion  
chopped  
1 stalk Celery  
chopped  
1/4 cup Tomato Paste  
1 cup Pulido~Walker Cabernet Sauvignon  
1 gallon low sodium Chicken Stock  
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2 medium carrots  
1/2 inch dice and blanched  
1 medium parsnip  
1/2 inch dice and blanched  
1/4 medium rutabaga  
1/2 inch dice and blanched  
1/4 cup Garlic  
peeled and roasted  
1 cup Pearl Onions  
cleaned and blanched  
4 tablespoons unsalted Butter  
Salt & Pepper to taste  
1 tablespoon fresh Oregano or Thyme  
chopped for garnish

### LAMB PREPARATION

Bring Lamb to room temperature.  
Preheat oven to 325 F.

Combine the chopped garlic, rosemary and olive oil. Season with salt and pepper to taste. Spread over lamb, top and bottom.

Heat canola oil in roasting pan over high heat. Add lamb and sear on both sides until golden brown. Remove lamb from pan and set aside.

Using same roasting pan, add more canola oil and then the yellow onion, carrot and celery. Lower heat to medium. Brown the vegetables. Once they are brown, add the tomato paste and wine. Cook for 3 minutes, scraping the bottom with a wooden spoon. Add the chicken broth.

Place lamb back into the roasting pan and bring to a simmer. Cover the roaster with its lid. Transfer to 325 degree oven. Bake for 3 hours, turning every 45 minutes or so.

Remove lamb from oven and let rest on stovetop until it becomes cool enough to handle ~ about 1 hour.

Remove the lamb to board, cover with foil, and set aside.

Strain the liquid from the roaster into a medium sauce pot. Bring liquid to a simmer, skimming fat off the top until it is sauce consistency.

### VEGETABLE PREPARATION

While the lamb is resting, add the carrots, parsnip, rutabaga, garlic, pearl onions into medium sauce pot with 2 cups water and 2 tablespoons butter. Season with salt & pepper to taste. Simmer over low heat until vegetables are tender ~ about 20 minutes.

### SERVICE

Slice the lamb. Return sliced meat to sauce pot to gently reheat. Distribute the vegetables on a platter and top with the sliced lamb. Bring the liquid in the sauce pot back to a simmer and add the rest of the butter. Stir until melted. Drizzle equally over lamb and vegetables. Garnish with fresh herbs.

Enjoy!

