

Grilled Lamb Chop & an Osso Buco Lamb Shank *over Root Vegetable Mash, Buttered Green Beans and Topped with a Dried Cherry Demi-Glace*



INGREDIENTS

For the Grilled Marinated Lamb Chops:

- 1 rack of lamb, cut into chops (7-8 per rack)
- 3/4 cup balsamic vinegar
- 1/2 cup olive oil
- 3 tablespoons fresh lemon juice
- 3 tablespoons minced fresh rosemary (or use 3 teaspoons dried)
- 2 tablespoons minced fresh garlic (or to taste)
- black pepper (about 1-1/2 teaspoons)

For the Braised Lamb Shanks:

- Olive oil
- 3 lbs of lamb shanks, cut osso buco style, about 2 1/2 -3 inches thick
- Salt & freshly ground pepper
- 6 garlic cloves, unchopped
- 2 celery ribs, coarsely chopped
- 2 carrots, coarsely chopped,
- 1 large onion, coarsely chopped
- 1/2 cup tomato paste (or reconstituted sun-dried tomatoes)
- 1 cup dry red wine
- 3 cups chicken stock powder

DIRECTIONS

For the Grilled Marinated Lamb Chops:

Mix all ingredients, and then pour over lamb chops. Marinate for at least four hours, preferably overnight. Turn occasionally while in the marinade. Remove chops from marinade and season with salt and pepper. The chops can be grilled outdoors, with a grill pan indoors or cooked in your oven under the broiler. It usually takes about 4 minutes per side for medium rare using 1 inch thick chops.

For the Braised Lamb Shanks:

On top of the stove, heat a large Dutch oven pot on medium high heat, uncovered. Add 2 Tbsp of olive oil. Season the lamb shanks with flour, salt and pepper, add them to the hot Dutch oven and brown well on all sides, working in batches if necessary. Transfer the shanks to a plate.

Add the wine; boil over high heat until the liquid is very syrupy, about 5 minutes while scraping the pan. Add the whole garlic cloves, celery, carrots and onion to the pan. Cook over medium heat, stirring occasionally, about 5 minutes. Add the tomato paste (or sun-dried tomatoes) and cook, stirring, about 2 minutes. Add the chicken stock to the vegetables, bring to a simmer and then return the shanks to the same pot.

Cover the pan, and braise the shank for about 3 hours at about 275 degrees, or until the meat is falling off the bone tender; turn the shanks from time to time as they cook.

Remove the shanks from the pot and transfer to a plate and keep warm.

specialty of:
Executive Chef Dwight Hawkins

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INGREDIENTS

For the Mashed Root Vegetables:

1 medium rutabaga, peeled, roughly chopped (1 ½ inch pieces)

1 medium sweet potato, peeled, roughly chopped (1 ½ inch pieces)

2 parsnips, peeled, roughly chopped (1½ inch pieces)

1 carrot, peeled, roughly chopped (1 ½ inch pieces)

Water or chicken stock to cook root vegetables

½ cup heavy cream, hot

2T butter, room temperature

Salt and pepper to taste

For the Sun Dried Cherry Sauce:

8 oz dried cherries and/or sun-dried cranberries

16 oz apple juice

1 medium onion, diced

1 T granulated onion powder

4 oz vinegar

1 cup granulated sugar

salt and pepper to taste

For the Green Beans with Butter:

1 lb green beans, trimmed

2 Tbl butter, room temp

Salt and pepper

Water and ice to blanch

DIRECTIONS

For the Mashed Root Vegetables:

Place the chopped root vegetables in a large sauce pot and cover with slightly salted water or chicken stock. Bring to a boil and reduce to a simmer. Cook for 18-22 minutes until fork tender. Drain immediately and allow to steam dry. Add to a mixing bowl and mash with a hand masher. After the vegetables are coarsely mashed, add hot cream a little at a time then the butter and mix to the desired consistency.

For the Sun Dried Cherry Sauce:

In a medium saucepan, combine all ingredients except for salt and pepper. Reduce by about ½ and juice is starting to get syrupy. Add salt and pepper and taste. Balance by adding more sugar or vinegar and salt.

For the Green Beans with Butter:

In a large sauce pot, boil enough water to cover the green beans. In another bowl, put enough ice and water to cover the green beans when they are done cooking. Add the green beans to the boiling water and cook until just crisp tender, 3-4 minutes. Immediately submerge them in the water bath to stop the cooking process. Leave them in the ice bath the same amount of time they took to cook. Remove from water and reserve until ready to serve. Heat a sauté pan and add the butter. Add the green beans to the sauté pan and season with salt and pepper. Heat through.

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