



Taste of Vail

People's Choice Award

Lamb Hash Benedict Style

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BRAISING TECHNIQUE

Approximately 10 boneless legs of lamb.
24 ounces roasted vegetable base (1.5 containers).
5 quarts Water
6 cups Fresh Orange Juice
1 quart Apple Juice
1 cup Apple Cider Vinegar
2 bunches Fresh Rosemary (8 each 12" inch sticks)
2 bunches of Fresh Thyme
2 cups Whole Peeled Garlic Cloves
2 Tablespoons Whole Black Peppercorns
5 large Yellow Onions (cut like you would for onion soup)
4 Tablespoons Sweet Paprika
2 cups Tomato Paste

METHOD

Season and brown (salt & pepper), the lamb. Add the aromatics spices, onions, garlic and deglaze the pan with the orange juice, reduce by half (Total time: 30 minutes).

Dissolve & dilute (use a whip), the tomato paste and the roasted vegetable base

Use the remaining liquids (water, apple juice and vinegar). Add this mixture to the reduced orange juice and bring to a boil. Turn your braising liquid down to a low simmer for about 30 minutes.

Transfer the braising lamb to the oven

Remove your lamb from the liquid and transfer them to a large roasting pan (rotate the top layer to the bottom). Remove most of the herbs and larger pieces of debris from the braising liquid and place it on top of your lamb. Whisk the braising liquid to emulsify all the ingredients that may have stuck to the bottom of the pan. Adjust the consistency with water if necessary (do not salt). Pour the braising liquid over the lamb, cover tightly with two layers of foil and continue braising in the oven.

Braise in the oven for 3 hours at 375 degrees.

Check after 2 hours to be sure you have enough braising liquid. If the foil is not sealed well, the liquid will reduce faster. You may have to add a couple of cups of water.

Total cooking time is about four hours. Be sure the meat is fork tender. Let the meat cool overnight, in the braising liquid for best results. If the meat seems to be falling apart or is over cooked, let it cool completely before you try to move it, or remove it from the pan. When completely cool, the meat will bind and firm up, so that it is easier to handle.

INGREDIENTS:

10 braised and cooled lamb legs
1 gallon large diced onions
2 gallons shredded potatoes blanched (shredded hash browns)
1 quart Ocotillo Steak Sauce ...or A-1
2 gallons Chicken Stock
1 gallon Reduced Braising Liquid (Reduced by half)
24 bay leaves
Salt and pepper to taste

MAKING THE HASH:

Pull the (chilled), braised lamb, toss with the rest of the ingredients and mix well. Roast hash in a large roasting pan at 350 degrees until all excess moisture has reduced. While baking, stir hash every 20 minutes or so to mix in the (caramelized), "crust" that forms on the top. When the hash gets to the proper consistency, scoop it into a clean hotel pan and let it cool down.

THE BENEDICTS:

1 half English muffin toasted
1 ea slice of tomato (grilled)
2 oz lamb hash
1 poached egg
1 oz hollandaise sauce
1 pinch chopped chives