



2010 Taste of Vail

2nd Place for Lamb Cookoff

Garlic Braised Lamb Tamales

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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 (salt & pepper) and brown 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)
1/2 quart Ocotillo Steak Sauce ...or A-1
1/2 gallon Chicken Stock
1 gal pureed green chili (see recipe)
1 gallon Reduced Braising Liquid (Reduced by half)
24 bay leaves
Salt and pepper to taste
1 gallon Hatch green chile

MAKING THE MIXTURE

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

HATCH GREEN CHILE

3 cups Extra Virgin Olive Oil
2 cups chopped yellow onions
1/2 cup chopped garlic
2.5 cups AP Flour (make a roux)
6 lbs. Frozen Hatch Green Chilies (2 bags)
3/4 cup Chicken stock
Adjust consistency (Water)
Add Black Pepper
Salt if necessary.

METHOD

Sweat onions and garlic in olive oil. Make a roux. Add the rest of the ingredients and adjust the seasoning with S&P. Adjust the consistency and let stew for 20 minutes on low simmer.

JICAMA SLAW

1 ea jicama (sliced thin and julienned)
1 ea carrot shredded
8 ea radishes (sliced thin and julienned)
½ cup chopped cilantro
1 ea red onion julienned
¼ cup fresh lime juice
Salt and pepper to taste

METHOD

Mix all ingredients together and refrigerate at least 4 hours prior to serving.

MASA

4 lbs maseca
4 cups duck fat
1 gal chicken stock
6 tbsp paprika
6 tbsp garlic powder
2 tbsp cumin seeds
6 tbsp chili powder
6 tbsp salt

METHOD

Mix all ingredients together by hand. Cover with damp cloth to avoid masa drying out. Soak husks in warm water for at least 5 minutes. Assemble the tamales. Tamales should be steamed for about 50 minutes.