

Chef Sean Temple's Braised Lamb Shoulder

Ingredients:

- 3 to 4 lb. boneless lamb shoulder
- 4 tbsp. olive oil
- 2 medium yellow onions, halved and sliced to quarter-inch thickness
- 1/2 medium yellow onion, blackened
- 6 cloves garlic, minced
- 2 cups dry white wine
- 3 tbsp. good-quality Dijon mustard
- 1 tbsp. fresh chopped thyme, or 1 tsp. Dry
- Salt and pepper to taste

Directions:

- Add the olive oil to a heavy Dutch oven or stew pot over medium heat. When hot, add the shoulder in chunks or whole depending on the pot size, in batches if necessary. Cook the lamb, turning until browned on all sides, for 3 to 4 minutes per side.
- Remove the lamb and add the chopped onions and garlic to the pot. Cook, stirring infrequently, until the onions are lightly browned. Then remove both the onions and garlic and set them aside.
- In a bowl, combine the dry white wine with the mustard, salt, pepper and thyme. Blend the mixture well with a spoon or whisk. Then, add the sauce to the pot and cook it for a few minutes to evaporate the alcohol.
- Return the onions, lamb and garlic to the pot. Then, add water so that the liquid in the pot rises about two-thirds of the way up the meat. Do not submerge the lamb.
- Add the blackened onion, then braise the dish in a 300-degree oven, covered, for 2-3 hours or until the lamb is very tender.
- Let the meat cool in the liquid, and once it's cool to the touch, shred it with a fork for serving.

Chef Sean Temple's Spinach Ricotta Gnocchi

Ingredients:

- 1 lb. whole-milk ricotta (store-bought and drained, or homemade)
- 1 egg
- 1 tbsp. olive oil
- 1/4 cup grated Parmigiana Reggiano
- Grated nutmeg to taste
- 1 to 1.5 cups sifted AP flour
- 1.5 tbsp. spinach powder (ground and dehydrated spinach leaves)

Directions:

- Mix egg, olive oil, salt and spinach powder in a bowl until the powder is incorporated and not clumpy. Then, fold in the ricotta, Parmigiana Reggiano and nutmeg.
- Sift the flour over the ricotta mixture, starting with a small amount, 1/4 cup or so.
- Fold all the ingredients used thus far together with a wooden spoon or spatula, then add another 1/4 cup of flour, and another. Then, turn the dough out onto a floured board or

countertop. If the dough is very sticky, sift a little more flour over it and work it in just enough to hold the dough together.

- Cut off slices of dough and roll it into ropes the thickness of a lady's pinky.
- Cut the dough into 1/2-inch pieces, and if you have a gnocchi board, roll on that.
- Poach the chunks of gnocchi in salted, lightly boiling water until they pop to the surface and are firm to the touch. If you don't cook them long enough, they'll be sticky, and if you cook them too long, they'll get bloated and soft.
- Transfer the gnocchi to an oiled pan and cool them.

Final steps:

Ingredients (all to taste):

- Preserved Meyer lemons, chopped
- Fresh spinach
- Butter
- Olive oil
- Parmigiana Reggiano
- Finished lamb
- Finished gnocchi

Directions:

- Saute your gnocchi in some olive oil, adding the desired amount of lamb to warm.
- Add some of the braising liquid, along with fresh spinach leaves, chopped preserved lemons and a little bit of butter to thicken the sauce.
- Season to taste, garnish with fresh-grated Parmigiana Reggiano and serve.