



## Lamb Navarin with Spring Vegetables

Chef Daniel Boulud

Yields 4-6 Portions

### Ingredients for the Braise:

- 1/4 cup extra-virgin olive oil
- 4 pounds lamb shoulder or lamb leg or both (deboned)
- 2 tbsp all-purpose flour
- 12 pearl onions, peeled and trimmed
- 2 carrots, peeled and cut into  $\frac{1}{2}$  inch pieces
- 1 celery stalk, cut into 1 inch pieces
- 2 medium turnips, peeled and cut into wedges
- 6 fingerling potatoes, peeled and cut in half
- 2 large tomatoes, peeled, seeded and chopped
- 6 garlic cloves, peeled and split in half
- 2 tbsp tomato paste
- $\frac{1}{2}$  tbsp Harissa
- 1 cup white wine
- 1 orange, peel and julienne the zest, squeeze and reserve juice
- 1 & 1/2 quarts chicken stock or water, or to cover level
- 1 bouquet garni (2 sprigs each of parsley, rosemary, and thyme, 1 bay leaf, tied with a string)
- Salt & freshly ground pepper

### Ingredients for the Garnish:

- 1 tbsp unsalted butter
- 4 oz. Snow Peas or English peas
- 1 bunch pencil asparagus, cut into 2 inch segments
- 4 breakfast radishes, cut into  $\frac{1}{4}$  inch thick slices
- 10 cherry tomatoes, split in half
- 4 scallions, cut into 1 inch segments
- $\frac{1}{4}$  cup olives, preferably Taggiasca or Nicoise olives
- Few Sprigs of Rosemary, finely chopped
- Few Sprigs of Thyme, finely chopped
- Salt & pepper to taste

### Method for the Braise:

Preheat your oven to 350°F

Season the lamb generously with salt and pepper and toss it in the flour. In a large Dutch oven over high heat, add half of the olive oil and sear the meat until golden brown on all sides. Add the onions, carrots, celery, and garlic to the browned meat and cook for about 5 minutes or until the vegetables become slightly roasted. Add in the tomato paste and Harissa, cook a little bit and add the white wine, stir well, and reduce by half. Add the chicken stock or water, bring to a boil, add the bouquet garni, tomatoes, potatoes and turnips, orange zest, orange juice, salt and pepper to taste. Bring to a boil and place in the oven loosely covered at 350°F. Braise for 30-40 minutes or until the meat is tender.

**While the Lamb is Braising:**

Bring a pot of generously salted water to a boil and begin blanching the vegetables in this order beginning with the asparagus for 2 minutes, then add the snow peas and scallions for 1 minute, and finally the radish for 1 minute. Drain and chill under cold water, reserve.

In a small sauté pan add 1 tablespoon of unsalted butter, sauté the cooled, blanched vegetables, then the cherry tomatoes, olives of choice, the chopped rosemary and thyme.

**To Serve:**

With a slotted spoon, scoop the braised meat and vegetables onto a serving dish, discard the bouquet garni, if needed reduce the braising liquid to the correct thickness, and then strain over the meat. Spread the spring vegetables on top. Serve. You can accompany with polenta, rice or pasta on the side.

Bon Appetit!

A handwritten signature in black ink that reads "Daniel Boulud".