



CABERNET SAUVIGNON BRAISED LAMB WITH SMOKED GARLIC AND POTATO PUREE

Recipe by South Australian Chef, Rose Adam

SERVES 4 - 6 AS A MAIN

WINE MATCH: THREE BLOCKS CABERNET SAUVIGNON

Fleshy blackcurrant, black cherry and mulberry flavours lead into a blueberry muffin and milk chocolate mid palate. The crunchy, savoury and linear grape tannins integrate with elegant oak tannins to give the wine fantastic length, finesse and balance.

96 POINTS, JAMES HALLIDAY

"McLaren Vale's maritime climate has always supported the quality of its cabernet sauvignon, and this is a particularly good example. It is as pure as it is elegant, the cassis fruit perfectly ripened and equally perfectly handled in the winery with its hint (no more) of French oak. Totally, absolutely delicious."

—James Halliday, Halliday Magazine April / May 2017

2014 VINTAGE AWARDS:

- Blue Gold Medal, Sydney International Wine Comp 2017
- Double Gold Medal China Wine and Spirits 2017
- Gold Medal, AWC Vienna International Wine Challenge 2016
- Gold Medal Catavinum World Wine & Spirits Competition 2017
- Silver Medal, International Wine + Spirit Competition 2016

INGREDIENTS

LAMB

- 1 lamb shoulder
- 1 medium brown onion (diced)
- 8 cloves of garlic (diced)
- 8 mushrooms (sliced)
- 8 sprigs of thyme
- 1 ltr chicken stock
- 1 ltr beef stock

SAUCE

- Pressure cooker liquid (after the lamb has been cooked)
- 1 cup red grapes
- 6 sprigs of thyme
- 1/2 cup Cabernet Sauvignon

BRAISED SHALLOTS

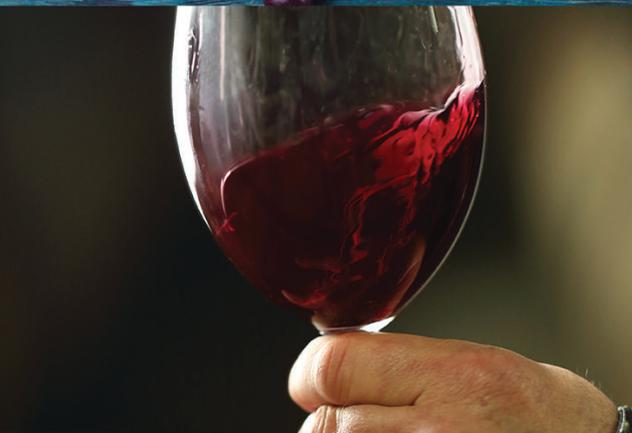
- 2 shallots (peeled)
- 2 cups water
- 1/2 cup Cabernet Sauvignon
- 2 tablespoons of butter
- 2 sprigs of thyme

POTATOES

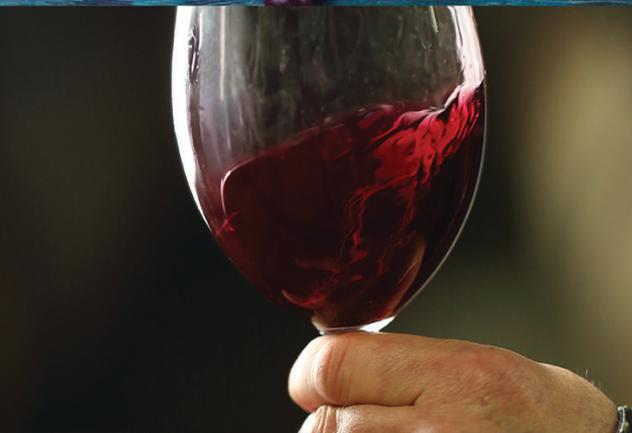
- 10 kestrel potatoes
- 5 cloves of smoked garlic
- 1 cup of cream
- white pepper
- Salt

GARNISHES

- Red grapes (sliced into discs)
- Radishes (thinly sliced)
- Micro watercress



FOX CREEK
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METHOD

LAMB

In a large saucepan, sear each side of the lamb until it's golden and seared, set the lamb aside. Using the same pan, sauté onion and garlic until translucent and tender, add in the sliced mushrooms and cook until tender. Deglaze the pan with the wine and allow to cook out, add both stocks and bring to a simmer.

Turn on your pressure cooker and place the lamb along with the stock from the saucepan and cook for 90 min.

POTATOES

Place all the ingredients, except for the cream and salt and pepper, in a pot with enough water to cover the potatoes, bring to the boil and cook until potatoes are tender, strain and mash all the ingredients together, add cream and salt and pepper to taste and set aside. You can re-heat this before you serve.

SHALLOTS

Place all shallot ingredients in a small pot and bring to the boil, reduce to a simmer and cook until shallots are tender. Remove from liquid and set aside for serving.

SAUCE

Once the cooker has completed, remove the meat and place in a bowl and cover with cling film, strain the juices from the pressure cooker and place in a saucepan to make the sauce.

Add the thyme and grapes to the pan and allow to boil, then turn down to a medium simmer, keep an eye on the sauce as it will begin to reduce, keep tasting as you go, the more it simmers the more it will bring out the natural saltiness. You will need to adjust the sauce as you go, you can add some vinegar for some acidity and a splash of the wine to further bring out the flavours.

The sauce will be thick and glossy when it's done, strain and set aside for serving.

TO SERVE

- Place 2 tablespoons of the potatoes on a plate and smear.
- Add 3 varying sizes of the lamb on the potatoes (glaze the lamb in the sauce before placing on the plate).
- Place a few slices of the shallots on the side of the lamb.
- Place the radish and grape discs throughout the dish and finish garnishing with the micro watercress.
- Serve with a side of the sauce and a glass of Fox Creek Three Blocks Cabernet Sauvignon.



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