

What's Simmering ... With Chef Jack!

Greetings to all!

The calendar says fall, but the temperature says summer. It's all very confusing. Technically, Dockside closed on Labor Day; but as long as this great weather holds on, we will keep the furniture outside on the pier for Saturday night dining in what I think is one of the best outdoor dining spots around. A special reminder about Sunday morning dining, - brunch is now served in the Main Dining Room with new times. We now start serving at 9:00 a.m. which is just perfect for after church service and serve through 1:00 p.m.

With fall approaching we will start serving some seasonal favorites such as lamb, elk and milk fed veal which has been raised especially for us. Speaking of lamb, this past weekend we did a lamb cooking demonstration in Jefferson County. We had over 120 people show up and sample the fare. One of the favorites – ***Lamb Ragout braised with Shitake Mushrooms***. I will put the recipe in this month's news letter for you to try. Let me know what you think.

Thanks,



Chef Jack

LAMB RAGOUT

Amt.	Unit	Ingredients
2	lb.	Shoulder or leg steaks with bone
1/4	cup	Extra virgin olive oil
1/4	tea.	Salt
1/8	lb.	Salt pork or bacon, diced
1	cup	Onion or 1 large, minced
1/2	cup	Celery or fennel bulb, 2 ribs, minced
1/2	cup	Carrot, fine dice
1	cup	Shitake or button mushrooms, sliced
2	tbsp.	Tomato paste
3	1" ea.	Strips of orange the size of a band aid, no white part and juice on orange
1	cup	Red wine
3	cup	Light stock
3	ea.	Bay leaves
1	4"	Sprig of rosemary
		Freshly ground pepper and sea salt

Method:

1. Trim off excess fat. Season the meat with a little salt and pepper.
2. Add oil to pan and turn on heat, carefully brown steaks on all sides.
3. Remove meat from pan, add bacon to pan, render, or just add extra oil and salt if not using bacon.
4. Add onion and let cook 2 minutes.
5. Stir in celery, carrots, mushrooms and cook over med-high heat till vegetables are golden.
6. Clear hot spot in pan, add tomato paste and cook till toasted and mix with rest of vegetables.
7. Add orange rind.
8. Return steaks to pan and toss with vegetables.
9. Add wine, raise heat and bring to a boil, reduce until almost all wine is gone.
10. Pour in orange juice and broth to cover meat.
11. Add bay leaves and rosemary, bring to boil, cover and simmer 2 hours or bake at 300°.
12. Start checking for doneness after 1 hour. You may also finish in a crock-pot.
13. When meat is tender, remove from stove and turn off heat.
15. Taste the sauce to adjust seasonings.
16. Pick out bay, herb stems and orange rind.
17. Remove meat from pot, pick bones out of meat, shred meat with fingers and add equal parts of broth to meat 1 to 1 ratio. If there is a lot of liquid in the pan, put liquid in small pot and reduce down.

This meat mixture is great on buns, over pasta, parmesan cheese risotto, couscous, served in mini phyllo cups as an appetizer or as ravioli filling. Mixture freezes well, so go ahead and double.