



THE STUDY OF...

by The Destination Culinary Collection

Cooking Technique: BRAISING

In this segment of the Study Of... series; we opted to focus not on a specific ingredient, but the age old cooking technique of braising. The Study Of Braising is best demonstrated during the fall and winter months as it evokes feelings of comfort and warmth that mesh with the holiday seasons. It is also a technique that has applications across all culinary disciplines, many food varieties, such as meat, fish and vegetables, as well as types of cuisines.

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At bin on the lake, Chef Dylan is keeping it seasonal as he highlights the cooking technique of braising. As the weather changes, the tempo is slow and low in the kitchen. Long cooked comfort foods warm the insides; our palates and our hearts. We hope our braising recipes will delight and inspire you to braise in your next culinary adventure.



Ninety Farms Lamb Ragout

Ingredients

- 5 lb Organic lamb shoulder
(We source whole lambs from Ninety Farms, Arlington, WA)
- 3 ea Onion, yellow, peeled and chopped
- 2 ea Carrot, peeled and chopped
- 2 ea Celery rib, chopped
- 1 c Garlic, whole
- 2 T Oregano, chopped
- 1 c Tomato paste
- 6 ea Anchovies, salt packed, deboned, soaked, chopped
- 4 c White wine
- 1 G Veal stock
- 1 c Heavy cream
- Canola oil

Method

Preheat the oven to 350. In a heavy bottomed pot, brown the lamb in the canola oil on all sides. Season with salt and pepper. Remove to a hotel pan. Sauté the vegetables until the onions are translucent, 8 minutes. Add the garlic, oregano and anchovies, sauté 4 more minutes. Stir in the tomato paste, cook 2 minutes. Deglaze with the white wine and cook until dry. Add the veal, bring to a boil. Pour the broth with the vegetables over the lamb and cover tightly with foil. Bake for 3 hours, until tender. Cool overnight. Remove the lamb from the jus, and discard the vegetables. Reduce the jus by half and add the cream. Check for seasoning. Shred the lamb by hand and add jus to reach saucy consistency. Toss with cooked cavatelli pasta, fresh chopped parsley and top with grated parmesan.

Yield

Serves 10

Cavatelli Pasta

Ingredients – Pasta

- 6 c All-Purpose Flour
- 3 T Crisco
- ½ t Salt
- 1 ½ c Hot water
- ½ t Baking powder

Method

Combine dry ingredients with the Crisco in the stand mixer. Slowly add in the hot water. Knead until combined. Cover with plastic wrap and rest at least 10 minutes. Roll the dough to a thickness of about 3/8 inch and cut strips about ½ inch wide. Flour each strip generously before rolling and pinch the end flat that you will insert into the rollers. Turn the handle with one hand slowly while guiding the strip with the other hand. Place a sheet tray under the maker to catch the falling pasta.

