

Le ricette di MARENNA'

COOKED LAMB SHOULDER "GENTLY, GENTLY", PUREE' OF ANNURCHE APPLE AND A SLICE OF POTATOES AND ARTICHOKE

Ingredients for four persons:

1 lamb shoulder
1 Annurca apple
2 large potatoes to yellow pasta
2 artichokes
Oil, salt and pepper to taste
Thyme and rosemary

Procedure:

Salt and pepper the lamb shoulder, slowly browning in a frying pan with the oil and the herbs for about 15 minutes. Put in an 80° oven covered with paper for about three hours, at the same time soaking the vegetable broth.

Dissolve with spoiling too much the aspect and cut in parts.

Clean and slice in very fine strips the artichokes and potatoes, rinsing these to remove excess starch. Season the scalloped meat with salt and oil and rosemary and compose a puff pastry alternating vegetables.

Cook it until vapor (90°) for 40 minutes and cool under something heavy until it compresses.

Cut the apple segments without eliminating the skin and wash it with a few drops of lemon and little sugar.

Cook this to vapor (90°) for about 20 minutes.

Chill the compost and liquidize it through a press, then pass through a sieve.

Cut the cream slice in little quarters and brown this on all sides in clarified butter.

Arrange the covered plate with the lamb shoulder, a little apple purée and the crisp puff pastry.

NOTES

