

# POMEGRANATE GLAZED AMERICAN LAMB SHANK WITH CREAMED KALE AND GARLIC CONFIT POTATOES

*Yield: 4 Portions*

<b>Ingredients</b>	<b>Amounts</b>
<i>Creamed Kale</i>	
Garlic, minced	1 cup
Onion, yellow, small dice	2 ea.
Baby kale, cleaned	6 lb.
Butter, unsalted	½ cup
Heavy cream	2 cups
Whole milk	2 cups
White cheddar, sharp, grated	1 cup
Parmesan, grated	1 cup
Nutmeg, grated	¼ tsp.
Salt	as needed
Ground black pepper	as needed
<i>Garlic Confit Potatoes</i>	
Fingerling potatoes, cut in 1-inch pieces	1 lb.
Extra virgin olive oil	1 qt.
Garlic head, cut 1-inch from top	1 ea.
Rosemary sprigs	4 ea.
Salt	as needed
Ground black pepper	as needed
<i>Pomegranate Gremolata</i>	
Pomegranate arils	1 cup
Lemon zest	1 ea.
Orange zest	1 ea.
Lime zest	1 ea.
Parsley, minced	¼ cup
Mint, minced	2 Tbsp.
<i>American Lamb Shank</i>	
American lamb shank, trimmed	4 ea.
Salt	as needed
Ground black pepper	as needed
Extra virgin olive oil	4 Tbsp.
Onion, yellow, rough chop	1 ea.
Carrot, rough chop	2 ea.
Celery stalks, rough chop	4 ea.
Garlic, minced	2 Tbsp.

Thyme sprigs	6 ea.
Tomato paste	¼ cup
Red wine	2 cups
Beef or vegetable stock	2 cups
Pomegranate juice	1 cup
Pomegranate molasses	1 cup

## Method

1. *For the Creamed Kale:* Sauté the garlic, onion, and kale in the butter until dry. Add the cream and milk and cook for 30 minutes on low. When the mixture is thick, add both cheese and the nutmeg and cook for another 20 minutes on low. Season to taste with salt and pepper.
2. *For the Garlic Confit Potatoes:* Preheat the oven to 350 degrees. In a 4-inch-deep pan combine all the ingredients and cover with a parchment-lined piece of paper.
3. Cook for 1-2 hours or until the potatoes are tender. Remove potatoes from the oil and set aside until needed\*.
4. *For the Pomegranate Gremolata:* Combine all ingredients together. Refrigerate until ready to use.
5. *For the American Lamb Shank:* Pat dry the lamb shanks and season with salt and pepper. Heat the extra virgin olive oil in a Dutch oven on medium high heat and sear the lamb shanks on all sides until they reach a deep brown color. Remove all but 2 tablespoons of oil from the Dutch oven.
6. Sauté the onion, carrots, celery, garlic, and thyme in the Dutch oven until aromatic. Add the tomato paste and cook for 2-4 minutes. Deglaze the pan with red wine and reduce the liquid by half.
7. Add the lamb shanks back to the pot and add the stock, pomegranate juice and pomegranate molasses, allow to come up to a simmer. When the liquid begins to simmer, cover the pot and transfer to the 350-degree oven.
8. Braise for 2-3 hours or until the meat begins to fall off the bone. Remove the lamb shanks from the liquid and keep warm.
9. Reduce the braising liquid until it reaches the desired consistency and flavor. Strain all the vegetables and herbs from the sauce and return the lamb shanks back to the sauce.
10. *To Assemble:* In a small sauté pan warm the confit potatoes, seasoning with salt and pepper. Plate the warm lamb shank with the warm Creamed Kale and a portion of the Garlic Confit Potatoes. Top the Pomegranate Lamb Shank with the Pomegranate Gremolata.

**Note:** \*Preserve the remaining oil from the Garlic Confit Potatoes for any future garlic oil uses.

Source: Chef Jammir Gray, Compline Restaurant and Wine Shop, Napa, CA  
The USDA recommends a minimum internal temperature of 145 degrees F for lamb with a 3-minute rest.