



Flying Mule Farm Lamb Shoulder Confit

Serves 6 (prep time: 40 minutes; cook time: 6-8 hours)

**Start this recipe at least 3 days before you plan to serve it; the finished confit will keep, refrigerated and submerged in the fat/oil, for up to 1 month*

Ingredients:

-1 lamb shoulder roast, netting removed

-kosher salt, to taste

-freshly ground black pepper

-3 whole dried bay leaves, crushed into smaller pieces

-6 cloves garlic, crushed

-8 sprigs fresh thyme

-1 sprig fresh rosemary

-1/2 cup dry red wine

-1 cup extra-virgin olive oil

-4 cups rendered duck fat (available by special-order from your local butcher)
or extra-virgin olive oil

-Cure the lamb. Trim the lamb shoulder of the layer of fell. Cut the shoulder into 6 equal pieces. Generously salt and pepper the lamb pieces and place into a medium-sized bowl or baking dish. Toss in the bay leaves. Cover the lamb with plastic wrap and place another bowl or baking dish on top to weigh it down. Refrigerate overnight, not longer than 12 hours.

-Marinate the lamb. The next day, rinse the lamb shoulder of the curing mixture. Pat dry very well with paper towels. Place the cured lamb into a medium-sized bowl and toss with the garlic, thyme rosemary, red wine and olive oil. Cover and refrigerate for at least 4 hours or overnight.

-Confit the lamb. Preheat oven to 300F (250F if using olive oil). Remove the lamb shoulder from the marinade and pat dry with paper towels. Set aside. In a small dutch oven, deep baking dish, or oven-proof pot with at least 4 inch sides, heat the duck fat over low heat until melted and beginning to bubble. Be very careful with the hot fat! It is important to keep the heat low to avoid scorching the fat. Carefully add the lamb shoulder to the pan. If the duck fat bubbles vigorously when you add the shoulder, turn the heat down. Once all of the shoulder has been added to the pot, bring the fat back to a simmer. Cover the pan with an oven-proof lid or aluminum foil and place into the preheated oven. Cook, undisturbed, for 6-8 hours or until a meat fork inserted into the lamb comes out with no resistance.

-Cool the confit in the fat at on the counter until room temperature, then refrigerate until ready to use.

-Finish the confit. When ready to serve, heat a small sauté pan over medium heat. Add the lamb confit and sauté until dark brown and crispy. Flip the pieces of confit over and place in a preheated 400F oven until heated through. Serve immediately.

*At the restaurant we serve the crisped confit with baby artichokes, fingerling potatoes, romesco sauce and a salad of arugula. This dish would be great with simple roasted potatoes or soft polenta and a salad that will counter the richness of the dish.