

RAMBLAS RAMBLINGS

Iberia Restaurant's Newsletter, May 2012

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RAVENOUS RAMBLINGS

Lamb Shoulder Braised with Honey and Sherry Wine Vinegar (serves four)

In Spain lamb is consumed very young, and therefore extremely juicy and succulent. For this recipe, Jose Luis uses California lamb because it has the mildest flavor. Jose Luis is not particular about using a specific brand of sherry wine vinegar; Rock of Gibraltar carries the Solera 77 brand.

- 1 California boneless lamb shoulder
- 2 tablespoons sea salt
- ¼ cup olive oil
- 1 green pepper, diced
- 1 yellow onion, diced
- ½ cup honey
- ½ cup sherry wine vinegar
- ½ cup white wine
- ½ cup chicken stock

To finish the lamb and make the sauce:

- 1 tablespoon honey
- 1 tablespoon sherry wine vinegar
- 2 tablespoons butter, diced and chilled

Season the lamb with salt. Heat the olive oil in a heavy skillet or braising pan and brown the lamb. Remove meat, keep warm and caramelize the onions and peppers. Meanwhile, in a saucepan, bring the honey, vinegar, wine and stock to a gentle simmer.

Add the lamb back to the braising pan and deglaze with the hot stock/wine mixture. Cover and braise in oven at 350°F for about two hours. To finish: increase the oven to 400°F. Combine the vinegar and honey. Place the lamb on a roasting pan, brush with the honey-vinegar and roast in the oven for 10 minutes or until the glaze hardens slightly. De-fat the braising liquid and reduce to a syrupy consistency. Add the butter and whip it into the sauce.

¿POR QUÉ?

Montauk Stories

The honey in the lamb recipe reminds me of Jose Luis' ex-wife, Jessica, who lives a Slow Food existence in Montauk on Long Island, New York. Jessica owned a British restaurant called The Garden Grill that consolidated with Iberia, so longtime patrons of Iberia may know and/or remember her, with whom Jose Luis remains friends. She built her own sustainable house in Montauk. She grows, forages for and produces her own food. She picks oysters, goes clamming and keeps bees. She also grows heirloom varieties such as purple passion asparagus. Check out Jessica's beekeeping blog at <http://mtkbuzz.blogspot.com>.

NEWS

Gourmet Salmon in Sweet Vermouth Sauce in Minutes

Sous vide anyone? Rock of Gibraltar now offers Loch Duart Scottish Salmon in Sweet Vermouth Sauce. The sauce is made from scratch, vacuum packed with the raw salmon, then frozen. All you have to do is heat the pouch in boiling water for 5 to 10 minutes, serve and accept praise for being a culinary genius!

You know all those tasty fried tapas they serve at Iberia such as the croquettes, Ipswich clams and fried artichokes? Iberia has been deep-frying with rice bran oil for over a decade. Rice bran oil is light and neutral in flavor, and has a high smoking point of 490 degrees. In comparison, depending on the degree to which it has been refined, the smoking point of olive oil is around 360 degrees, canola oil is about 450 and grapeseed oil is 485. Rice bran oil is also sustainable-- after the oil has been removed from the nutritious rice bran, the protein-rich remains can be used as animal feed. Rice bran oil is available for sale at Rock of Gibraltar; just ask for it.

Mention the secret word "sushi" to your server when you dine on Mondays in May between 5:30 and 6:30 pm and enjoy 20 percent off your food and beverage sales! Discount applied to parties with a max of six pp.

LIBATIONS

El Filipino

Inspiration can come from anywhere, so being in the multicultural Bay Area, it's not surprising that Jose Luis was inspired by a drink he had at The Attic, an Asian lounge and restaurant in San Mateo. Mangosteen can be found at Asian markets, often canned in syrup—just run it through the blender to make a puree.

- 4 to 5 Thai basil leaves
- 1 sugar cube
- 2 oz mangosteen puree
- 1 teaspoon orange flower water
- Juice of half lemon
- ½ oz simple syrup
- 2½ oz gin

Muddle the basil with the sugar cube. Add the other ingredients and mix well. Pour in a tall glass filled with ice. Garnish with orange rind and serve.

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Newsletter by Cynthia L., a professional food writer whose friendship with Jose Luis was cemented over paella at the beach and Iberia's cheese scones.