

CSA PRINCIPALS RETREAT  
|  
CHEF SEBASTIAN SIMON

# MAINS

## *Team 3*



# LAMB SHANK GNOCCHI WITH PENFOLD'S KOONUNGA HILL CAB SAV JUS , GREEN VEG & NONNA'S " PARMY PANGRATTATO "

*Recipe*  
1

## FOR THE SHANK MEAT

### INGREDIENTS

30 shanks

50ml Olive oil

Black pepper to taste

Lamb Stock reduced to 500ml

Penfolds Cab Sav 1 bottle reduced to 1/3rd

### Method

- Carefully remove the shank meat from the main shank bones and place in a medium bowl
- Keep bones and stock and reduce to 500ml and strain
- Add the reduced penfolds wine to the stock and keep hot
- Season with Black pepper
- Now fold in the shank meat with the red wine reduction and keep warm
- This will be added to the gnocchi as a garnish during plating time

# FOR THE GNOCCHI

## INGREDIENTS

- 15 medium potatoes (600g), unpeeled
- 100ml olive oil
- 3 egg yolks
- 1 tbsp sea salt flakes
- 125g finely grated parmesan
- 500gm 00 flour

## Method

- Preheat oven to 180°C.
- Wrap unpeeled potatoes with foil . Place on a baking tray; roast for 45 minutes.
- When cool enough to handle, peel potatoes. Using a ricer, mouli or a fine sieve and a wooden spoon, mash potato
- Add cheese and salt and olive oil and egg yolks
- Now add 00 flour to the potato mix and gently mix to form dough ( Chef to help during this step)
- Carefully roll into logs and cut to form gnocchi
- Cut and roll each ball along the tines of a fork, pressing lightly on top of ball with your index finger to form a classic gnocchi shape, with grooves on one side and a dimple on the other
- Cook gnocchi, in three batches, in a large saucepan of boiling water, uncovered, 2 minutes or until gnocchi float to the surface. Continue cooking for 2 minutes. Remove from pan with a slotted spoon; drain.
- Place on large tray with olive and wait to mix into the cream sauce

# FOR THE PASTA SAUCE

## INGREDIENTS

- 3L thicken cream
- 2 large onion fine diced
- 1 Pod garlic ( approx 12 cloves ) finely sliced
- 50ml olive oil
- 1 bunch lemon thyme ( picked )
- 500gm baby spinach
- 500gm green peas
- 3 courgettes ( sliced and grilled )
- 400gm greated parmesan
- 400gm rocket pesto ( made by chef )
- 500gm panagrattato ( refer recipe )

## Method

- Use a large sauce pan and pre heat with olive oil on low heat
- And onion and garlic and cook without burning them
- Add picked thyme and pour in cream and bring to boil
- Add Cooked gnocchi and simmer
- Fold in baby spinach and green peas and grilled courgettes
- Season with black pepper and salt flakes
- Now top with cooked lamb shanks , pamesan and rocket pesto and serve

# FOR THE NONA'S PAMY PANAGRATTATO

## INGREDIENTS

160ml extra virgin olive oil  
2 cup fresh breadcrumbs, made from stale bread  
2 tsp dried red chilli flakes  
sea salt and freshly ground pepper  
12 garlic cloves, chopped  
1 bunch leaves flat-leaf parsley (chopped)  
2 lemons grated zest and juice

## Method

- In a frying pan, warm olive oil to medium-hot, but not smoking.
- Add breadcrumbs, chilli flakes and a sprinkle of sea salt and sauté for about 5 minutes, or until breadcrumbs are golden.
- Add garlic and cook for another minute, toss in parsley and remove from the heat, then stir through lemon zest.
- Season with pepper and a little more sea salt to taste, then remove from pan and place in a bowl for service

# **EQUIPMENT NEEDED FOR THE RECIPE**

## **For Lamb shank Mix**

- Large bowl to store shanks X 1
- Stock pot to reduce stock + bones X 1
- Strainer to strain stock X1
- Wooden cooking spoon X 1
- Large Tong X 1
- Ladle for sauce X2
- Burner portable X 3

## **For Gnocchi and Sauce**

- Tray for potatoes X 2
- Foil to wrap potatoes
- Oven for baking X1
- Large bowl for mixing gnocchi
- Large Tray to store Gnocchi
- Large Wooden board for rolling out gnocchi X1
- Medium pot for cooking gnocchi X 2
- Strainer X1
- Fry Pan large X 3
- Medium stock Pot for pasta sauce X1
- Knife X3
- Tong X 2
- Spatula X 1
- Grill Pan for courgettes X1
- Spoons X 6
- Grater for parmesan X1

# EQUIPMENT NEEDED FOR THE RECIPE

## **For Panagrattato**

- Robot coupe for blending bread X1
- Tray X 1
- Chopping board for herbs X 1
- Knife X1
- Pan to cook bread crumb X1
- Bowl for mixing X 1

## **For serving pasta bowls**