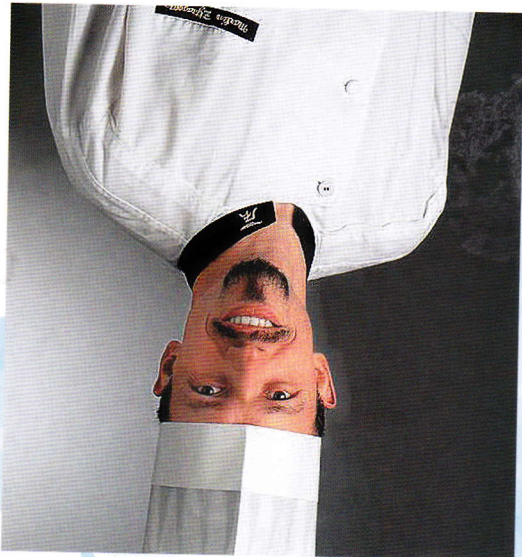




Wild boar shank "Gourmande"



Martin Z'Graggen, Chef/Teacher - TAGZ

Martin Z'Graggen was born, raised and educated in his native Switzerland. His career has taken him around the globe like Caribbean, USA, Australia, Philippines, China, Taiwan, Switzerland and the Middle East (Dubai). His career has taken him around the globe from his beginnings in Switzerland to Taiwan, China, Philippines, Australia and most recently as the Executive Chef of Moevenpick, Dubai. He has worked for some of the best international 5star Hotels and cooked for some of the most recognised faces on this planet. A true "Chef des Cuisines" and "Executive Chef" (Master Chef), Martin Z'Graggen today is passing on his expertise, knowledge and passion for the culinary arts to the next generation of cooks and chefs. Having gained a reputation as an assertive and good natured Chef, Martin Z'Graggen's works have appeared in many publications, books and other media.

Ingredients

- 4 pc Wild boar shanks cut a 300 gr each or lambshank
- 50gr Mirapoix
- 1lt Beef consommé
- 10gr thyme fresh
- Peppermilll white, Seasalt
- 20gr Tomatoes
- 100ml White wine
- 200gr Veal sweet bread poached, cleaned
- 5gr flour plain
- 5gr Formery Mustard
- 200ml Brown Veal stock
- 20ml Champagne Vinegar
- 40ml Walnutoil
- 30gr crushed Walnuts
- 200gr Ratte Potatoes
- 30gr butter cooking
- 30gr chevill
- 50gr sour cherries

Tips

Fresh herbs have subtle and delicate flavours. Prolonged cooking causes them to lose their fragrance and flavour. Add the fresh herbs near the end of cooking time. The flavours develop very quickly. They shouldn't cook in liquids for more than an hour, generally, to get the most from them. Add to stocks, soups, and soups near the end and see how much better the flavours will be at the table.

Wash the lamb shanks and pat dry with a paper towel. "In the sauce pan, heat the oil and start browning the shanks, turning to have an even brown color all over." Lightly brush inside of baking dish with oil (to prevent sticking). Set shanks in baking dish after browning. In sauce pan, pour a big dollop of olive oil and start sweating the ingredients for a few minutes and add to shanks. Add two cups of water to the sauce and bring to the boil. Rub the inside of the foil lightly with oil (to prevent sticking to lamb) and cover the baking dish folding the foil tightly under the baking dish lip so as to seal the dish. This sealing will allow for the braising process to complete successfully. Bake in a preheated oven (200 Celsius) for 40 minutes. Remove from oven, turn shanks, baste with sauce; taste for salt adding more if needed. Add more water if shanks are very tough and liquid is reducing away. Cover tightly with foil again and bake for another 40 minutes (more or less) until meat nearly falls off the bone. If not tender yet, continue with braising process. Serve with mashed potatoes and a good red wine.