



"The Local Buy" Recipe, Episode 302

Double-Cooked Lamb Neck with Fig Risotto

Courtesy Wagon Wheel Ranch and Chef Chris Vocci

Double-Cooked Lamb Neck

Ingredients

- Lamb Stock
- 10 lbs Lamb Bones
- 5 lbs onion, peeled and quartered
- 2 lbs Celery, large diced
- 2 lbs Carrot
- 4 each Bay Leaf
- 2 tbsp Black Peppercorns
- 3 gallons Water



Directions

Applewood smoke lamb neck for 3 hours, then braise. Cover in 300 oven for 3 hours with cinnamon stick, 5 bay leaves, and black peppercorns. Served over fig risotto with lamb stock.

Roast bones in 350 degree oven for 1 hour and add to stock pot with all other ingredients. Simmer for 6 hours and strain

Fig Risotto

Ingredients

- 1 cup Diced Onion
- 2 tbsp Minced Garlic
- ½ cup Dried Black Figs, quartered
- 1 cup White Wine

- 2 cups Arborio Rice
- ¼ cup Olive Oil
- ½ cup Parmesan Cheese

Directions

Saute onion, garlic, and figs for 5 minutes until fragrant and add rborio rice. Stir rice until it becomes opaque and deglaze with wine. Add stock 2 cups at a time, stirring constantly and cook until soft, approximately 22 minutes. Season with Salt and Pepper and fold in parmesan cheese.