



COURSE #73: LAMB NECK WITH BLACK-EYED PEAS

Recipe courtesy of Chef Isaac Toups of Toups' Meatery



Cook Time: 4-5 hours

Yield: 2 servings

Ingredients

Lamb Neck:

- 2 lamb necks or lamb or pork shanks
- 1 white onion, small dice
- 1 celery stalk, small dice
- 1 carrot, peeled and small dice
- 3T tomato paste
- 1T fresh rosemary
- 1T fresh thyme
- 1T fresh oregano
- 1C red wine

Black-Eyed Pea Ragout:

- 5 slices good quality bacon, cut in small pieces
- 1 medium white onion small, diced
- 1lb black-eyed peas
- chicken stock, enough to cover 2 times the volume of the peas
- 3 bay leaves
- 1 t cayenne pepper
- salt

Instructions

For Lamb Neck: Season lamb neck generously with salt and black pepper. Sear over medium heat with a little bit of canola oil in a Dutch oven. When completely browned, remove from pan and add vegetables. Sauté until onions are translucent. Add tomato paste and continue to cook for 5 minutes stirring constantly. Add red wine. Make sure to scrape bottom of the pan with a wooden spoon to get the fond (the crispy bits). Return the meat to the pan and add herbs and enough water to cover. Cook for 4-5 hours until tender. Remove meat from liquid, skim fat from liquid and discard. Reduce braise by half.

For Black-Eyed Pea Ragout: Sauté bacon and onions over medium heat. Add beans, add chicken stock, bay leaves, and a large pinch of salt. Add cayenne. Bring beans to boil. Then, lower and simmer. Cook for 3-4 hours until done. Add salt to taste.