

MAKE THIS RECIPE STEP-BY-STEP

INGREDIENTS LIST FOR THE KOSHER LAMB SHOULDER SOUS VIDE-

1 Prairie Street Prime
USDA Lamb Shoulder,
bound

Extra virgin olive oil,
divided, plus extra for
searing

1 sliced garlic clove

2 sprigs fresh thyme

2 sprigs fresh rosemary

Kosher salt

Freshly ground black
pepper

TO PREPARE THE LAMB SHOULDER SOUS VIDE

- 1 Set your immersion sous vide circulator at 135F.
- 2 Generously season your bound lamb shoulder with Kosher salt and freshly ground black pepper. Place in the sous vide bag and add one tablespoon extra virgin olive oil, sliced garlic, fresh thyme, and fresh rosemary.
- 3 Create a clean seal for the bag and place in the vacuum-sealer to remove all of the air from the bag. Place your lamb shoulder into the heated water bath and close the lid. Allow to cook gently for approximately three to three and a half hours.
- 4 Remove the lamb shoulder from its bag and place on a rack over a cooking sheet to allow any juices to separate. Remove the string from your lamb shoulder. It may unravel a bit, and that is ok.
- 5 In a hot skillet, add one tablespoon of extra virgin olive oil. Place the lamb shoulder in the pan on high heat to create a hardy sear on each side. Add more extra virgin olive oil to the lamb while searing to create a luxurious basting liquid.
- 6 Remove your lamb shoulder from the pan and place directly onto the cutting board. Because of the sous vide process, you do not need to let your meat rest. Slice immediately and serve your succulent Kosher lamb shoulder to friends and family with a drizzle of extra virgin olive oil and a sprinkle of coarse Kosher salt.

INGREDIENTS LIST FOR THE ISREALI

TO PREPARE THE ISREALI COUSCOUS SALAD

- 1 In a medium saucepan, bring the carrot juice to a light boil, add the couscous, and season with Kosher

COUSCOUS SALAD-

2 cups fresh carrot juice

2 cups Israeli couscous

2 scallions, thinly sliced

½ cup dried apricots,
sliced

½ cup toasted pistachios,
coarsely chopped

½ cup dried cranberries

1 tablespoon extra virgin
olive oil

1 teaspoon fresh lemon
zest

1 teaspoon fresh lemon
juice

Kosher salt

Freshly ground black
pepper

salt. Be sure to stir the mixture every so often to keep the carrot juice from foaming over.

2

In a mixing bowl combine your scallions, apricots, dried cranberries, and pistachios. In the same bowl build your dressing by adding one tablespoon extra virgin olive oil, lemon zest, and lemon juice.

3

Once tender, but still with texture, strain the Israeli couscous. Add the hot couscous directly to the salad mixing bowl, stir, and season with Kosher salt and freshly ground black pepper.

4

Serve as the perfect side to your Kosher sous vide lamb shoulder.

Bon Appétit!