

## Elysian Fields Lamb Barbacoa

1	ea.	Boneless lamb shoulder (amount 3#)
2	Tbs.	Dried Thyme
2	Tbs.	Dried Oregano
3	Tbs.	Kosher Salt
3	Tbs.	Black Pepper, Ground
1/4	Cup	Chopped Garlic
3	Tbs.	Blended Oil
2	Cup	Chicken Stock
1	Cup	Wine or beer

A big stack of tortillas

2	C.	Thinly sliced white cabbage
1	C.	Crumbled Cotija Cheese

3-4 limes, sliced into wedges

### Green Chili Pinto Beans

### Mint-Pineapple-Mango Salsa

### Your Favorite Rice

- 1) Mix oil, salt, pepper, garlic, oregano, and thyme to make a rub.
- 2) Cut slits into the flesh of the lamb .
- 3) Evenly distribute he rub all over the lamb, including in the slits.
- 4) Allow the lamb to marinate overnight.
- 5) Roast at 400° for 25 minutes.
- 6) Reduce heat to 300° , add liquid, cook for an additional 2-3 hours until internal temperature reaches 185° .
- 7) Once cooled enough to touch, pick. Discard any large fatty pieces or gristle
- 8) Grab a tortilla, put some lamb on it, squeeze a lime, and add the other stuff.
- 9) Eat.

**Green Chili Pinto Beans**

- 2 Lb Peeled, washed tomatillos
- 2 ea. Whole jalapenos, de-stemmed
- ½ C. Rough chopped white onion
- 4 cloves Whole garlic
- 3 Tbs. Salt
- 1 Tbs. Black pepper
- ¼ C. Olive oil
- 1 32 oz. can Pinto Beans, drained and rinsed
- 2 Tbs. Chopped cilantro

Procedure:

- 1) Clean tomatillos by immersing in water and removing skins.
- 2) Place tomatillos in a heavy-duty ovenproof pot with whole jalapenos, onion, whole garlic, salt, pepper, and olive oil.
- 3) Place pot in a 500° oven and roast vegetables until soft and lightly browned.
- 4) Pour tomatillo mixture into a blender. Puree thoroughly. You may need to do this in two batches.
- 5) Push mixture through a wire mesh strainer with a ladle and return pot. Add pinto beans. Bring to a simmer.
- 6) Stir in cilantro.

**Mint-Pineapple-Mango Salsa**

- 1 ½ Cup Pineapple, fresh, small dice
- 1 Cup Mango, fresh, small dice
- ½ Cup Small red onion, grilled, small diced
- 2 Each Anaheim Chilis, roasted, peeled and seeded, small dice
- 2 Tbs Mint, finely chopped
- 2 Tbs Cilantro, finely chopped
- 1 Each Habanero pepper, minced
- 2 Tsp Kosher Salt
- 1 Tsp Black Pepper

- 1) Combine all ingredients