

Hello from Solymer.

Lamb and a big, luscious red wine—it's a winning combination! We made this lamb using a new way of slow cooking that many chefs are using these days. The meat is wrapped tightly in cling film and then cooked very slowly in hot, but not boiling, water. It is very easy and keeps all of the wonderful juices in the meat. This is a nice idea for a lazy Sunday afternoon dinner because you can get it going and then forget about it for 3 hours. Have a nice glass of Arrocal while you wait.

Enjoy!

Lisa, Umberto and the Solymer Team

Recipe of the Week

Cordero Mediterraneo

Marinated Lamb

- 1 kg of lamb, boneless, trimmed of fat; about 4 pounds
- 2 full heads of garlic (roasted in the oven, peeled and mashed)
- Zest of 1 orange (finely grated)
- 4 stalks fresh rosemary
- 1 tablespoon honey
- 1 teaspoon smoked paprika
- Salt and pepper
- 300 gr of piquillo pepper strips
- 1 big onion
- 1 teaspoon of sugar
- Salt and pepper



Lamb:

1. Cut the lamb in 4 equal sized pieces, butterfly each piece so that the meat can have maximum exposure to the marinade.
2. Blend the orange zest, garlic, honey, rosemary leaves, paprika, salt and pepper.
3. Rub the marinade all over each piece of lamb. Marinate in the refrigerator for at least one hour up to overnight.
4. Roll the 4 pieces of lamb tightly with your hands. Wrap each piece tightly and securely in plastic wrap.
5. Fill a big pot with water. Turn on the , heat it until the temperature is between 50 and 80° C. **Important:** You don't want the water to boil.
6. Place the lamb inside the water and cook it for 3 hours at this same temperature.
7. Take the lamb out of the water and remove the plastic wrap.
8. Cut it into individual serving size. Serve it with the sauce on the side.

Sauce:

1. Chop onion and piquillos
2. Preheat the pan with olive oil. Add chopped onion, let cook until soft. Add piquillos, let it cook for 5 minutes, add salt and pepper. Put mixture in the blender, process for about a minute.

Wine of the Week

Arrocal

This is a red wine made primarily with Tempranillo from Ribera del Duero. The wine maker, Isaac Fernández Montaña is from a famous wine making family in Spain, his uncle is the maker of Vega Sicila which is arguably one of Spain's most recognizable wines around the world. One of the written reviews of this 2006 vintage says: "Lots of berry flavors, clean, silky, sexy and round. Great quality at a great price!"

I couldn't agree more, this is one of my favourites.

**\$36.25 per bottle +GST
(\$38.80)**

**Buy a case of 6 and get
10% off (\$209.52)**

**Buy a case of 12 and get
20% off(\$372.48)**



*To order: Call Lisa at 9115 1980 or send an email request to info@solymer.com
For orders more than \$100.00 free delivery is available, otherwise a \$15.00 delivery fee is applicable.
Visa and Mastercard are accepted, otherwise cash or cheque upon delivery*