

Carbonaded Shoulder of Mutton with Soubise Sauce

Ingredients	Cooking Utensils	Serving
Utensils		
1 small shoulder of mutton	knife and cutting board	serving plate
2 <i>bouquets garnis</i>	measuring spoons	serving fork
1 tsp. sea salt	scissors	
1 tsp. black peppercorns	string	
2 to 3 large tsp. sea salt	large cookpot	
water	roasting pan	
1 to 4 tsp. fresh ground black pepper	spoon	
	small bowl	
4 to 6 large tsp. prepared English mustard		
1 <i>bouquets garnis</i> —made from 3 or 4 sprigs of parsley or chervil, 1/2 bay leaf, 2 sprigs fresh thyme, 1 white portion of a leek, and 2 cloves, placed inside several celery stalks and tied with string.		

For the soubise sauce

Ingredients	Cooking Utensils	Serving
Utensils		
4 medium onions	knife and cutting board	gravy boat
1 1/4 cups chicken stock	measuring cup	serving ladle
2 tsp. cornstarch	measuring spoons	
1 1/4 cups heavy cream	food processor or blender	
pinch white granulated sugar	cookpot	
salt	spoon	
black pepper	sieve	

Make the stock. Chicken stock or bouillon cubes can be bought at the store. Peel and thinly slice the onions. The dish can be prepared up to this point in advance. Place the onions along with the stock in the cookpot and bring to a boil on the stove over high heat. As soon as it boils, reduce the heat to low and simmer 20 minutes. Add the cornstarch, then stir in the cream. Bring the sauce back to just under a boil and cook for a few more minutes. Process the sauce in the food processor or blender until it is smooth. Pour the sauce through a sieve into a clean pot. Add the sugar, salt, and pepper. Gently reheat the sauce on the stove over low heat before serving. Pour the sauce into the gravy boat and serve hot. The sauce can be made in advance of the dinner and carefully reheated. Do not boil the sauce when reheating it or the cream will curdle.

To make the mutton

Make the *soubise* sauce (see the recipe above). Make the *bouquets garnis* (see the recipe in the soup section). Prepare the English mustard. Prepare the carbonade by placing the mustard, sea salt, and ground black pepper in a small mixing bowl. Mix well. The carbonade is seasoned to taste, so the amounts used will depend on how hot you want it to be. The dish can be prepared up to this point in advance. Place the mutton, *bouquets garnis*, 1 tsp. sea salt, and black pepper in the cookpot and cover with water. Bring to a boil on the stove over medium high heat, then reduce the heat to low. Simmer the mutton 12 minutes per pound. Skim off any scum that arises. Preheat the oven to broil. When done, remove the mutton from the pan and place it on the cutting board with the shoulder blade side facing upward. Drain and dry off any remaining liquid. Make deep slashes into the meat at 1 1/2 inch intervals. Rub the meat with the carbonade, being sure to get some into the slashes. Place the mutton in the roasting pan and broil an additional 8 minutes per pound. Make sure the meat is not too close to the heat source or it will burn. Slice the mutton, arrange on the serving plate, and serve hot with the *soubise* sauce.