Slowly Cooked Lamb Neck with Fermented Flour Pancakes, Sunchoke Puree and Beer Glaze

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For the Lamb

2 lamb necks (deboned)
salt, pepper
duck fat
Activa® (transglutaminase)

Debone the lamb necks; thoroughly remove the nerves and fibers and cut into strips; weigh in portions of 75 g.

Apply cling film, place the lamb on top, add salt, pepper and transglutaminase. Roll tightly with the film and leave at least 12 hours in the refrigerator for the enzyme to work.

Remove the film, place in vacuum bags together with duck fat and cook at 82 °C for 12 hours.

For the Sunchoke Puree

1 kg of sunchookes
½ bunch of lemon thyme
1 L milk
500 ml chicken broth
Beurre noisette
Salt

Peel the sunchookes, cut them with the help of a mandolin into thin slices (be careful to do this quickly to avoid oxidation).

Place the milk in the pot, along with the sunchookes, the chicken broth and the lemon thyme.

Simmer until well cooked.

Remove the lemon thyme, strain (keep the broth of cooking) and blend to get a very smooth puree. Dilute if necessary with the broth and adjust taste with a little beurre noisette and salt.

For the Fermented Flour Pancake

450 g flour 00
50 g Greek style pasta made from fermented milk (trahanas)
20 g yeast (moist)
10 g salt
11 g sugar
20 g olive oil
250 g water
6 g thyme

Blend the trahanas in a Thermomix® in order to turn it into flour. Place both types of flour in the mixer bin along with water, sugar, oil and yeast and knead at low speed for 5–6 min. Add the salt, speed up and knead for 3 more min, and finally, incorporate the thyme.

FIGURE 137.1 Slowly cooked lamb neck with fermented flour pancakes, sunchoke puree and beer glaze.
Let the dough rest for 25 min, then roll it like pizza in a thin sheet of 3 mm thickness. Cut 10 cm diameter circles. Allow to rise for 10 min and fry in a pan with olive oil (you can also grill).

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**For the Confied Sunchokes**

- 500 g small sunchokes
- Beurre noisette
- Salt

Wash the sunchokes well and put them in vacuum bags with butter and salt. Close and cook at 90 °C for about an hour.

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**For the Frosting of Black Beer**

- 250 g lamb broth
- 125 g black beer (Crazy Donkey from Santorini)
- 200 g butter
- 0.2 g xanthan
- 100 g sunchoke puree

Boil the lamb broth and add the beer. Incorporate butter, xanthan and sunchoke puree with a hand mixer. To serve, sprinkle with a little bit of lime zest and finely chopped dill.

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**A Few Words by the Chef**

**What is Your Professional Background?**

I started my career in Greece, where I took my first cooking steps, and then I travelled to France, where I lived for almost four years, initially in Lyon, where I studied at Institut Paul Bocuse, then in Paris, at Ferrandi and in various restaurants including Alain Passard, Eric Frechon and Pascal Barbot. After that, with a few additional stops in Denmark, Belgium and China, I decided to return to my home country, where I took over the reins of the 6* hotel Elounda Peninsula. Today I have my own restaurant in Athens, CTC Urban Gastronomy.

**How Would You Define Your Cooking Style?**

I like to say that a cook’s kitchen is a mirror of his course. So I think I’m cooking Greek but inspired by France and the Mediterranean.

**The Recipe(s) You Are the Proudest of?**

The one I have not discovered yet!

**What Ingredients Inspire You More Particularly?**

I love citrus fruits because they have many faces at the same time; they can be sweet, sour, bitter …

**How to Be Creative and Keep “Fashion” in Cooking?**

You need to know your style and evolve. You do not have to be creative just to impress but to look for the essence.