

*"As a child my family's menu consisted of two choices: take it or leave it." Buddy Hackett*

### Fall – for The Bold and The Hopeful

By Michael Kutscheid & Naomi Williamson

The giggles and screams of the Minnesota State Fair have faded and the scents of fall have arrived. Fall confuses us with its stunning days and evening chills that bring blazing colors...and the promise that the warmth soon will end. Fall is that time when beauty and death become one. Yet, fall also begins our annual journey of hope – the hope against all hopes that ignites in the chest of every dedicated Vikings fan.

Are you ready for Football?

Sundays become days for gatherings of friends and family to celebrate the victor - or commiserate in defeat. In either case, there will be food and drink. Autumn beers exemplify the bold flavors of fall. Flat Earth Breweries (local) has released an excellent Bermuda Triangle Triple Bach that almost qualifies as a "barley wine." It boasts an almost 10% alcohol percentage! To go with that malty beverage, why not a rustic lamb shank?

#### Easy Lamb Shank Recipe

Add 5 or 6 shanks (smoked if you can find them) to a pan.  
Add rough-cut celery, carrots, onions, garlic, tomatoes, basil, rosemary and thyme.  
Add a bold red wine (cabernet) – enough to almost cover the lamb and vegetables.  
Cover and place in the oven at about 110 degrees and allow to slow-braise for 14 to 16 hours.  
When completed, drain the juice off into a pan and reduce over low heat for an amazing sauce. Do not add salt at any time. The shank will release its natural salts as the slow braising breaks down the meat and fat.

Hearty beer, braised lamb and football – score! Go Vikings!



Photo by Ron Rouse Photography  
[ronrousephotography.com/](http://ronrousephotography.com/).

*Michael Kutscheid and Naomi Williamson are co-owners of Sanctuary, a restaurant located at 903 Washington Avenue South in downtown Minneapolis near the Guthrie Theater and the Dome. Sanctuary is known for its new American cuisine deftly prepared and spiced with classic Mediterranean and Japanese influences.*

Fan "Sanctuary the restaurant" on Facebook or follow "@SanctuaryRest" on Twitter to learn about deals, events and special menus. Reserve your table online at [sanctuaryminneapolis.com](http://sanctuaryminneapolis.com) or by calling 612.339.5058.

# Sanctuary

the restaurant

eat • drink • smile

one block from the Guthrie

903 Washington Ave S. • 612.339.5058  
[www.sanctuaryminneapolis.com](http://www.sanctuaryminneapolis.com)

