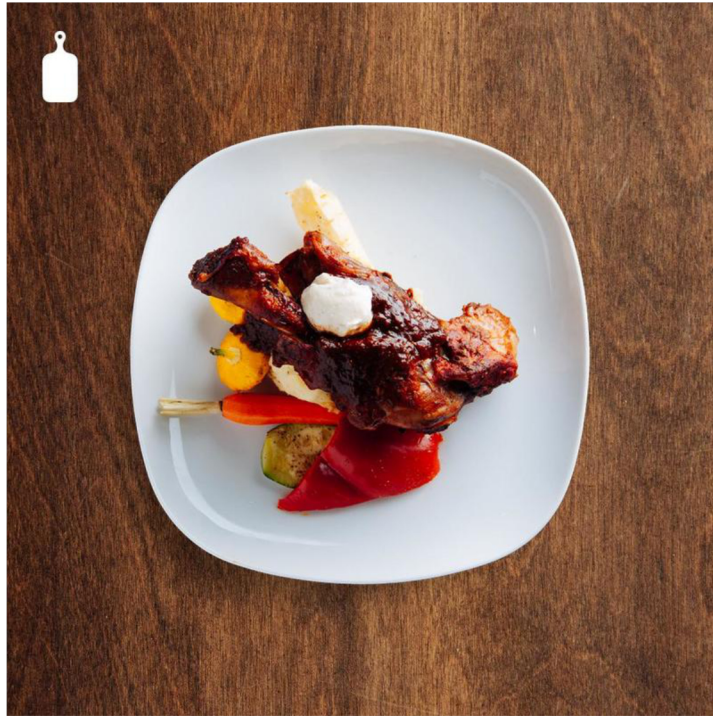


Atmosphere Cafe + etc.



In 2004, owner Nicole Hogg and Chef Shawn Gilbert launched Atmosphere Cafe + etc. Located in the heart of Market Square in downtown Guelph, Atmosphere is armed with an excellent array of innovative cocktails, craft beer & consignment wines; Over the past 16 years they have become one of Guelph's premier food and dining establishments. Their fresh concept, and commitment to local sourcing continues to please eager foodies.

"We didn't want to pigeonhole ourselves into being fine dining or strictly a coffee house. We wanted to be able to do a little bit of everything."

Atmosphere's style is strongly influenced by Montreal and European café-bistro scenes. Gilbert, whose culinary passion spans 28 years, employs French farmhouse cooking as the basis for many of his dishes. One of Gilbert's signature dishes is the Braised Lamb Shanks w/ Garlic Aioli. A hands down crowd pleaser time and again.

"We are always innovating. French peasant food is the foundation from which we connect traditional styles and flavours with those of the present."

Braised Lamb Shanks

Prep- 10 minutes

Cook- 3.5 hours

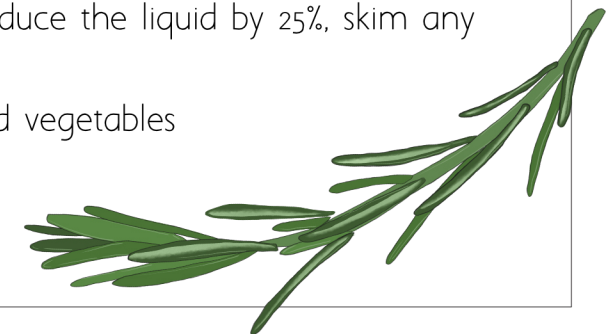
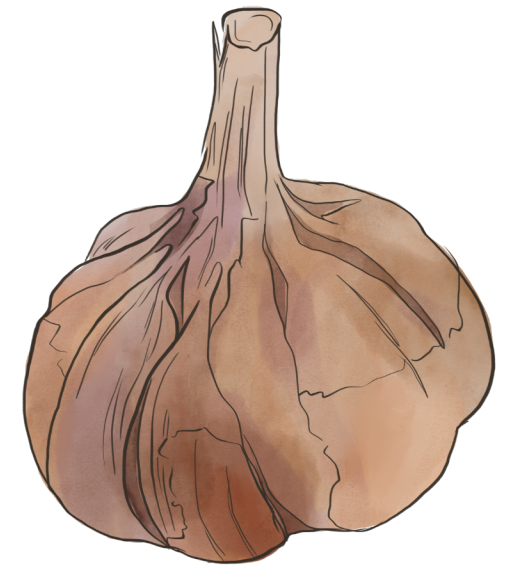
Ready- 4 hours

Ingredients

- 6-8 lamb shanks
- salt & pepper to taste
- 1 large onion, sliced
- 10 cloves garlic, whole & peeled
- 5 tsp. fresh rosemary
- 1 (28oz.) can whole plum tomatoes with juice
- 1 (40oz.) can beef broth
- 1 small can tomato paste

Directions

1. Pre-Heat oven to 325 Degrees.
2. Place shanks in a deep roasting pan.
3. Add all ingredients to pan.
4. Cover tightly with tin foil.
5. Bake at 325 degrees F for 3.5hrs or until meat is falling off the bone.
6. After the meat is cooked, remove shanks from pan and place on a rack to cool.
7. Strain the liquid from the pan into a medium sized pot
8. With the pot on the stovetop on high heat, reduce the liquid by 25%, skim any foam that forms
9. Serve with garlic mashed potatoes and sautéed vegetables
10. Drizzle reduced jus over lamb shank



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