

Iron Chef Central Coast | Chef Tony Baker, Montrio Bistro, Monterey



Shropshire is an orange stilton-style cheese with medium-blue flavor and a firm creamy texture. It stands up to the hearty ingredients in this old English dish of lamb broth and sweet yellow onions.

Lancashire Onion Stew with Free Range Egg and Shropshire Blue

- 6 medium yellow onions, sliced thinly*
- ¼ bunch fresh thyme, picked and chopped*
- 1 bay leaf*
- 1 clove garlic, peeled*
- 6 c lamb stock*
- 2 Tbsp malt vinegar*
- 4 eggs*
- 4 oz Shropshire Blue Cheese, crumbled*

Using a heavy bottomed saucepan, sweat the onions and garlic until brown, be careful not to let the onions get too dark or burn. Add the vinegar and reduce. Add the thyme, bay and lamb stock, and reduce the broth by 1/3. Season to taste with kosher salt and fresh ground black pepper

When ready to serve, half fill a single serving oven proof dish (monkey dish), and crack an egg into the center, cover with cheese, repeat for each serving. Bake until the egg is cooked with a soft yolk at 375°, about 7-10 minutes.



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