



Get it done on time:

The timetable is based on your guests arriving at 7pm and you sitting down to start dinner at 8pm. If you like to eat earlier or later just adjust the time to fit your schedule.

This week's paleo Sunday Supper will take you 4 hours to prepare, but some of that is hands off time while you wait for the lamb to braise.

Make sure that you do all your grocery shopping either in the morning or the day before. Also, make sure to read over all of the recipes before you begin.

Pro Tips

Wash and dry all the dishes and wipe down your counters after each hourly section in the timeline. This will help keep the mess to a minimum and make your work more efficient.

Early in the day make sure your house is clean and pull out any serving dishes, utensils, napkins and barware that you will need.

3:00pm

- Toss the cauliflower with all of the seasonings then pop it in the oven to roast for 1 ½ hours. Make sure not to crowd your pan.
- Roast the beets. You can roast them at the same temp as the cauliflower; they'll just take a little longer. Or you can turn up the heat and roast everything a little faster, your choice. When they're finished cooking leave them on the baking tray and set them aside.

4:30pm

- Take the cauliflower out of the oven and set it aside. Keep it on the baking sheet and, when it has cooled, loosely cover it with plastic wrap or aluminum foil. Keep it on your counter.
- Sear the lamb and put it in your oven to braise for 2 ½ hours.

5:00pm

- Make the chocolate clusters.
- Make the dressing for the beets.
- Make some paleo mayo by whisking together a room temperature egg yolk with a squeeze of fresh lemon juice, a bit of Dijon mustard then slowly whisking in some neutral flavoured oil until it thickens.
- Make the spicy salmon.
- Hollow out the cucumbers and fill them with the salmon. Place them on a serving tray, cover them loosely with plastic wrap and store them in your fridge.

6:00pm

- Relax and make yourself a cocktail.

7:00pm

- Make some cocktails for your guests.
- Pull the spicy salmon out of the fridge and serve.

7:45pm

- Remove the lamb shanks from the pot and reduce the cooking liquid.
- Put the beets and cauliflower back in the oven to warm up.

8:00pm

- Serve the lamb shanks with either the reduced sauce drizzled over top or pool the sauce in the middle of a wide bowl and stack the lamb on top.
- Squeeze the lime juice over the cauliflower and garnish with cilantro.
- Toss the beets with the dressing and assemble them on a plate with the pea shoots.

Dessert:

Dessert this week couldn't be easier; just put it on a plate and set it down in the middle of the table.