

Lamb Shanks Braised in Red Wine

Serves 2-3

Preparation Time: 15 mins

Cooking Time: 4 hrs

Whether it is winter or not, if you are a lamb fan this stew can be enjoyed at least once a month.

Ingredients

- ❖ 30ml (2 tbsp) vegetable oil
- ❖ 2 lamb shanks
- ❖ 1 onion, peeled and halved
- ❖ 4 garlic cloves, peeled
- ❖ 250ml (1 cup) red wine
- ❖ 250ml (1 cup) lamb or beef stock
- ❖ 60ml (4 tbsp) tomato purée
- ❖ 30ml (2 tbsp) brown sugar [optional]
- ❖ 1 bay leaf
- ❖ few sprigs thyme leaves or 2.5ml (1/2 tsp) dried thyme
- ❖ 30 ml (2 tbsp) corn flour

Directions

1. Preheat the oven to 180°C/fan 160°C /350°F/gas mark 4.
2. Heat the vegetable oil in a heavy-bottomed ovenproof pan over a moderate heat. Add the lamb shanks to the pan and brown on all sides.
3. Add the onion and garlic and fry it all for a few minutes.
4. Add the wine, stock, tomato purée, sugar, bay leaf and thyme to the pan and crank up the heat.
5. When the contents are simmering, remove from the heat, place the lid on the pan and place in the oven.
6. After 1 hour, lower the oven's temperature to 150°C/ fan 130°C/300°F/gas mark 2 and braise for a further 2-3 hours or until the meat falls off the bone.
7. Remove the pan from the oven. Place the shanks on a plate and keep warm. Throw away the bay leaf and thyme sprigs.
8. Transfer the sauce to a blender or food processor and work until fairly smooth. Return to the pan, season with salt and pepper to taste and heat through.
9. Mix a little water with the corn flour in a cup and slowly add it to the sauce while stirring constantly. When the sauce has thickened, serve the lamb shanks with the sauce in a gravy boat on the side.

Serving Suggestion

Roasted potatoes and parsnips, along with your favourite green vegetable. Yorkshire puddings work too!

Notes

If you like your onions, you can always substitute the onion with 8 whole, peeled shallots. At the end of the cooking time, remove them with the lamb, skip the sauce blending step (nr.8) and just thicken the sauce.

For more fabulous recipes visit Greedy Gourmet at:

www.greedygourmet.com