

BRAISED LAMB SHANKS

EQUIPMENT

SMALL MIXING BOWLS, LARGE CASSEROLE DISH, CHEF'S KNIFE, TONGS,
FINE MESH SIEVE, MEDIUM SIZE SAUCEPAN, LADLE

INGREDIENTS

4 LAMB SHANKS, 1 CHOPPED BROWN ONION, 2 CHOPPED CARROTS,
3 CHOPPED CELERY STICKS, 5 SPRIGS OF ROSEMARY, 2 CLOVES OF GARLIC,
1KG BEEF STOCK, 500GM CHICKEN STOCK, SALT, OLIVE OIL

METHOD

PICK THE LEAVES OFF TWO OF THE ROSEMARY STALKS AND FINELY CHOP. ADD THE ROSEMARY TO A MIXING BOWL AND ADD AN EQUAL AMOUNT OF SALT AND MIX

HEAT A LARGE CASSEROLE DISH OVER MEDIUM HEAT AND ADD A SPLASH OF OLIVE OIL. SEASON THE LAMB SHANKS WITH THE ROSEMARY SALT AND ADD TO THE POT AND SEAL ON ALL SIDES UNTIL GOLDEN

ONCE SEALED REMOVE THE SHANKS AND SET ASIDE, ADD THE CHOPPED VEGETABLES TO THE POT AND SAUTÉ OVER MEDIUM HEAT FOR 5 MIN, ROUGHLY CHOP THE GARLIC AND ADD TO THE POT ALONG WITH THE REMAINING ROSEMARY AND COOK FOR A FURTHER 2 MINS

ADD BOTH THE STOCKS TO THE POT AND BRING TO THE BOIL, ONCE BOILED RETURN THE SHANKS AND PLACE IN A PRE-HEATED OVEN 150 DEGREES FOR 2 HOURS

ONCE COOKED REMOVE THE POT FROM THE OVEN AND REMOVE THE SHANKS, STRAIN THE COOKING LIQUID THROUGH A FINE MESH SIEVE INTO A POT OR BOWL. USING A LADLE SKIM THE SURFACE AND DISCARD THE FAT AND VEGETABLES

RETURN THE STOCK TO THE HEAT AND BRING TO THE BOIL, REDUCE BY $\frac{2}{3}$ OVER HIGH HEAT

PLACE THE LAMB SHANKS IN A LARGE SERVING DISH AND POUR OVER HOT SAUCE, GARNISH WITH FRESH HERBS AND SERVE

HINTS & TIPS

- ASK YOUR BUTCHER TO "FRENCH" THE SHANKS FOR YOU.
(IT ASSISTS WITH PRESENTATION AND ENSURES THE TOP OF THE BONE COMES OUT CLEAN)
- FOR SOMETHING DIFFERENT YOU CAN PULL THE MEAT OFF THE BONE AND ADD IT TO PASTA OR EVEN USE IT AS THE BASE FOR A PIE
- YOU CAN USE THE SAME RECIPE FOR VEAL SHANKS, THEY TEND TO BE A LITTLE BIGGER SO ADD AN EXTRA 45 MINS TO THE COOK TIME