



The Hamilton Hamper

Slow cooked Lamb Shanks with Sweet Potato and Rhubarb

Ingredients

- 2 LAMB SHANKS
- 1 TABLESPOON RICE BRAN OIL
- 1 RED ONION MEDIUM ROUGHLY CHOPPED
- 1 LEAK SLICED
- 1 LARGE, SWEET POTATO LARGE CUBES
- 1 TEASPOON FENNEL SEEDS
- ½ TEASPOON CHILLI FLAKES
- ½ TEASPOON PAPRIKA
- 2 LARGE CLOVES OF FRESH GARLIC, ROUGHLY CHOPPED
- 3 LARGE TABLESPOON LANA'S GARDEN RHUBARB AND CHILLI SALSA (ULTIMATELY, TO YOUR LIKING)
- 4 MEDIUM DICED FRESH TOMATO
- 3 TABLESPOON LANA'S GARDEN RHUBARB VINEGAR
- 3 CUPS VEGETABLE STOCK (ADD EXTRA DURING COOKING IF NEEDED)
- ½ TEASPOON WHITE PEPPER
- 1.5 CUPS RHUBARB CUT INTO 4 CM LENGTHS

RECIPE: LANA CAMPBELL, LANA'S GARDEN

Method

- Brown the lamb shanks over high heat and set aside.
- Add oil to pan and reduce to a low heat. Sweat off the red onion, leek, and garlic. Push to one side of pan and add the fennel seeds, paprika, chilli flakes and pepper. Stir to combine.
- Add diced tomato, Lana's Garden Rhubarb and Chilli Salsa and Lana's Garden Rhubarb Vinegar.
- Place sweet potato pieces into the slow cooker put browned shanks on top, cover with onion and leek mixture.
- Add vegetable stock and cook on 140 degrees for 5 hours.
- Add chopped rhubarb. Cook for further 2 hours.

Serve with rice and chopped parsley.

Bon Appetite, Lana xox