



READY TO COOK
BY HARRIS FARM

LAMB SHANK RAGU WITH PAPPARDELLE



PREP
10 min



COOK
3 hrs



SERVES
6

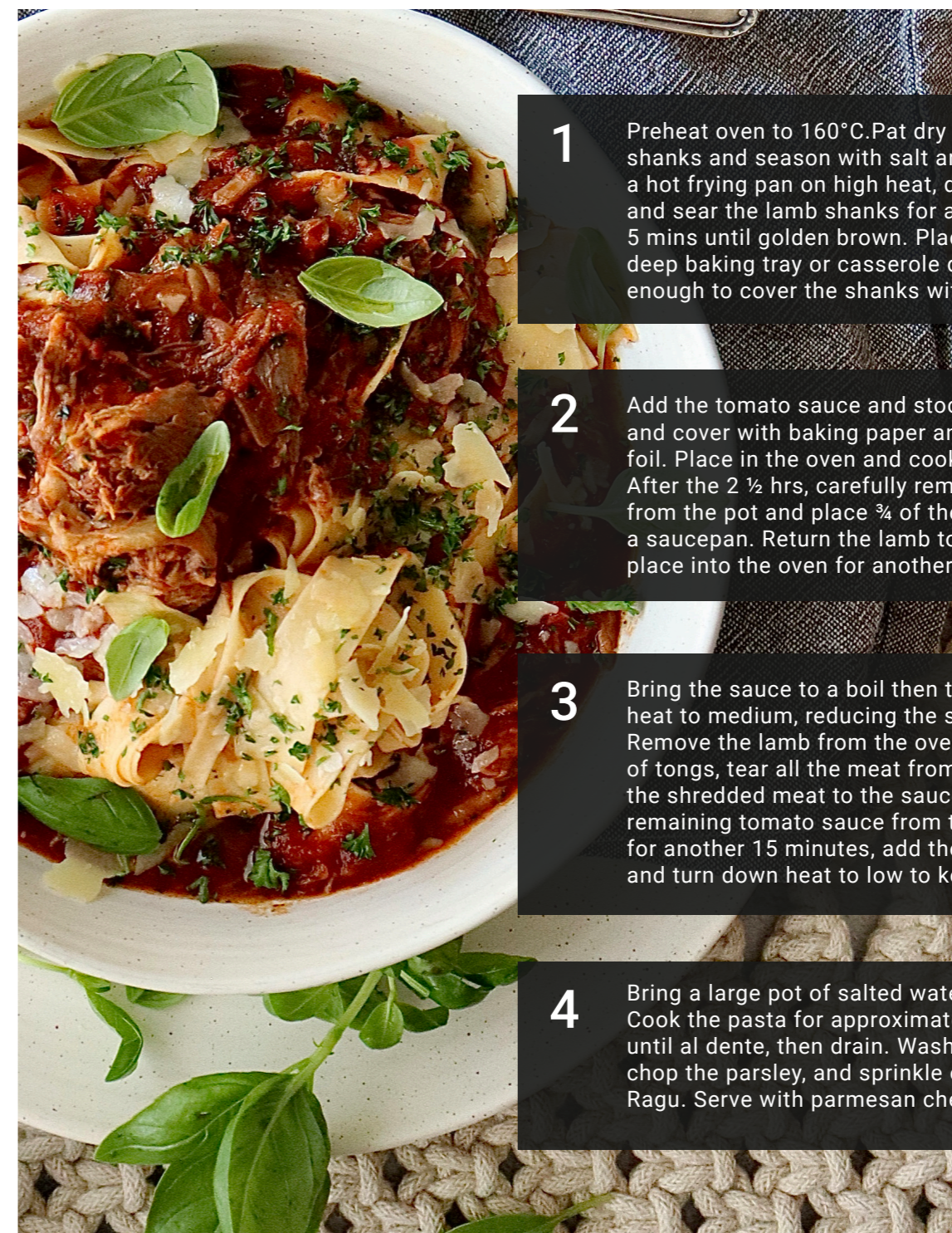
INGREDIENTS:

- > 2 Lamb Shanks
- > 1kg Tomato Basil Sauce
- > 500ml Chicken Stock
- > ¼ Basil Bunch
- > ¼ Parsley Bunch
- > 750g Pappardelle Pasta
- > 100g Parmesan Cheese

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Salt and Pepper
- > Olive Oil

METHOD - GET COOKING!



1 Preheat oven to 160°C. Pat dry the lamb shanks and season with salt and pepper, in a hot frying pan on high heat, drizzle olive oil and sear the lamb shanks for approximately 5 mins until golden brown. Place lamb in a deep baking tray or casserole dish that's deep enough to cover the shanks with liquid.

2 Add the tomato sauce and stock to the tray, and cover with baking paper and aluminium foil. Place in the oven and cook for 2 ½ hrs. After the 2 ½ hrs, carefully remove the lamb from the pot and place ¾ of the sauce into a saucepan. Return the lamb to the tray and place into the oven for another 35 minutes.

3 Bring the sauce to a boil then turn down heat to medium, reducing the sauce by half. Remove the lamb from the oven. Using a pair of tongs, tear all the meat from the bone, add the shredded meat to the sauce along with the remaining tomato sauce from the tray. Cook for another 15 minutes, add the basil leaves, and turn down heat to low to keep hot.

4 Bring a large pot of salted water to a boil. Cook the pasta for approximately 8-10 minutes until al dente, then drain. Wash, pick and finely chop the parsley, and sprinkle over the lamb Ragù. Serve with parmesan cheese.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- There won't be any leftovers this time!



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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