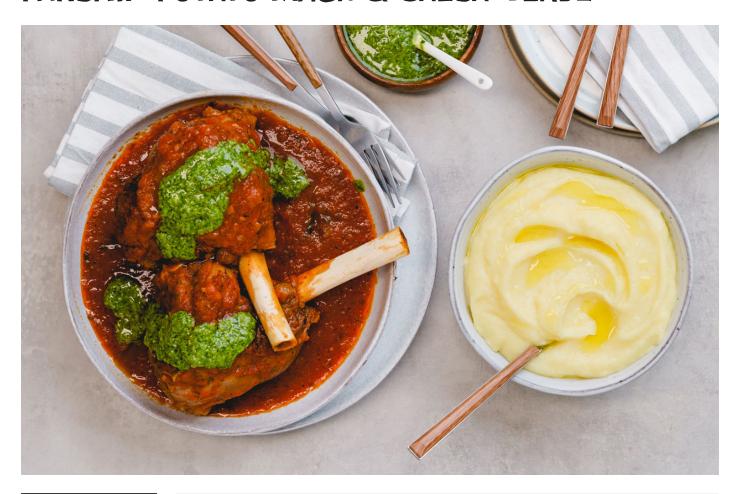


BRAISED LAMB SHANKS WITH TOMATO PASSATA, PARSNIP-POTATO MASH & SALSA VERDE





INGREDIENTS:

- > 2 Lamb Shanks
- > 700g Tomato Passata
- > 1 Brown Onion
- > 3 Garlic Cloves
- > 2 Bay Leaves
- > 2 Tbsp Italian Spice Mix

- > ½ Basil Bunch
- > 1L Chicken Stock
- > 500g Imperfect Parsnip
- > 500g Imperfect Potatoes
- > 5 Tbsp Salsa Verde

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Rosto Olive Oil
- > 1/2 Cup Milk
- > 100g Butter

- > 1 Tsp Sugar
- > Salt and Pepper
- > 1/4 Tsp White Pepper

METHOD - GET COOKING!



■ Preheat oven to 160°C.

Finely dice the onion and chop the garlic. Set aside.

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Bring a deep casserole type dish to high heat, drizzle olive oil and sear the lamb shanks for 2-3 minutes on each side until golden brown.

Remove from casserole and set aside.

Using the same casserole, sauté the onion and garlic for 3 minutes until softened and golden. Add the bay leaves and passata.

Season with sugar, salt, pepper and a sprinkle of the Italian spice mix. Stir through and bring to the boil.

Add the chicken stock and ½ of the basil to the casserole. Bring to the boil again. Place the shanks into casserole, cover with a lid, place in the oven and cook for 3 hours.

Meanwhile, peel the potatoes and parsnips.
Cut them into similar size pieces, place them in a pot with salted water and bring to a boil.
Cook for approximately 30 minutes or until soft. Drain well and keep in a colander.

In the same casserole, add the milk and butter. Bring up to heat, add the potatoes, mix and mash until smooth. Season with salt and white pepper. Set aside and keep warm.

Remove Lamb from the oven and carefully discard the excess oils from the sauce.

Serve braised lamb shanks with parsnippotato mash and a side of Salsa Verde.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- Cook the mash potato 40 minutes before serving the lamb.
- Cook shanks uncovered for an extra ½ hour for more colour or if you want a thicker sauce.
- Use leftover Italian spice mix on any sauces, dressings or marinades.

