

BRAISED LAMB SHANKS, WITH CREAMY MASH AND GREENS

Serves: **Two adults** | Prep and cooks time: **3 hours**



INGREDIENTS

For the braising:

- 2 tablespoons extra-virgin olive oil divided
- 2x lamb shanks trimmed of excess fat
- 1 white onion, diced
- 3 cloves garlic, chopped
- 1 large carrots sliced 1/2-inch thick
- 3 tbsp flour
- 300ml beef stock
- 100ml cups red wine like Merlot, Pinot Noir, or a Chianti (Optional. Substitute with extra stock).
- 400g passata
- 2 tablespoons tomato paste
- 1 teaspoon fresh rosemary finely chopped
- 2 tablespoons fresh (or dried) parsley, finely chopped
- 2 bay leaves
- Salt and pepper to season

METHOD

1. Preheat oven to 350°F (175°C).
2. Wash and pat dry lamb shanks with paper towel.
3. Heat 1 tablespoon of oil in a heavy based pot over medium-high heat.
4. Sear shanks in the hot oil until browned on all sides.
5. Transfer to a plate, cover with foil to keep warm, set aside.
6. Sauté the carrots and diced onions until softened, (about 3 minutes), then add garlic and cook for 1 minute, in the same pan (do not clean the pan, you want the lamb juices)
7. Return the shanks back into the pot; season with 1 teaspoon coarse salt and 1/2 teaspoon ground pepper. Sprinkle with flour, toss well and cook for 4-5 minutes to brown the flour.
8. Add stock, wine, puree, tomato paste and herbs. Bring to a simmer on the stove.
9. Cover, transfer to lower part of the oven and cook for 2 1/2 hours, or until the meat is fall apart tender (adjust the heat so that the liquid simmers very slowly).
10. After this time - Gently transfer the shanks onto a plate. Cover to keep warm.
11. Discard the bay leaves from the sauce and place pot onto stove. Simmer sauce over medium heat until thickened to your desired consistency.
12. You should be left with about 3 cups of sauce thick enough to lightly coat the back of a spoon.
13. If the sauce is too thick, add a few tablespoons of stock. If the sauce is too thin, boil it over medium heat for about 10 minutes, or until reduced to the right consistency.
14. Taste for seasoning and adjust salt and pepper, if desired. Add the shanks back into the pot of sauce.
15. Garnish with parsley and serve with mashed potatoes and fresh greens