

STAR OF THE NORTH

GOURMET BUTCHER

Personalised Service, Quality Products, from Our Family to Yours.

BRAISED LAMB SHANKS

Serves 4

4 Lamb Shanks
2 tbsps. olive oil
1 carrot, diced
1 onion, diced
2 celery sticks, diced
3 sprigs of thyme
2 bay leaves
2 cloves garlic, finely chopped
4 tbsps. tomato puree
750ml dry white wine
1 litre chicken stock
2 tbsps. finely chopped rosemary

For the marinade: 150ml olive oil, 1 whole head of garlic, smashed with skin on, 4 large sprigs of rosemary, 2 bay leaves.

1. Put lamb shanks and marinade ingredients into a bowl and coat meat. Cover the bowl with glad wrap and refrigerate 24 hours, turning occasionally.
2. Heat oil in large flameproof casserole and sweat the carrot, onion & celery over a gentle heat for 5 mins, without browning. Add the thyme, bay leaves, garlic, tomato puree and wine, bring to the boil & simmer until reduced by about half.
3. While the wine is simmering, heat a heavy frying pan over a medium-high heat and add the lamb shanks with their marinade. Season the meat and brown well on all sides. This should take approx. 25 mins. During this time pre-heat oven to 180°C.
4. Transfer the lamb to the casserole, cover with stock & bring to boil. Put on the lid and braise in the oven for 2 hours or until the meat is tender. Remove the shanks and keep warm. Skim off excess fat, check seasoning & boil until reduced to a sauce-like consistency.
5. Serve lamb shanks with a generous amount of sauce and a sprinkling of chopped rosemary.

CURRAMBINE

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