

  
dollop.



# Lamb Shank Ragu



**Serves**

8



**Prep Time**

20 mins



**Cook Time**

8 -9 hours

*Some quick prep and let the slow cooker work it's magic on this deliciously rich sauce with the lamb just melting in your mouth. Works beautifully with gnocchi or pasta.*

## Ingredients

**2 tbsps olive oil**

**2 good size lamb shanks**

**1 large brown onion,  
finely chopped**

**2 large cloves garlic**

**2 rashers bacon, finely  
chopped**

**¼ cup red wine**

**1/3 cup tomato paste**

**700mls tomato passata**

**250mls water**

**2 x chicken stock pots**

**3 bay leaves**

**1 tbspn dried oregano**

**Salt & Pepper**

## Method

1. Preheat a large heavy based saucepan over a medium-high heat.
2. Generously season the lamb shanks, add to the pan and brown (about 2-3 mins each side) before placing in a slow cooker.
3. Reduce the heat to medium and add onion, bacon and garlic. Cook for 5 minutes until starting to soften and turning slightly golden.
4. Add the red wine, allow to bubble and use it to deglaze the pan (ie scrape the bottom of the pan with a wooden spoon – those “bits” are flavour and it will make cleaning your pan easier too!) Cook for about 2 minutes until reduced slightly.
5. Add the tomato paste, stir well and cook for a further minute.
6. Add the passata, water, stock, bay leaves and oregano to the pan and bring to a rapid simmer.
7. Take the pan off the heat and carefully ladle the sauce over the lamb shanks.
8. Put the lid on the slow cooker and cook the lamb shanks for 8 hours or until very tender and the meat falls off the bone. Discard the bones and shred the meat into the sauce.

@dollopbyvicki



# Lamb Shank Ragu (cont)



## Notes & Serving Suggestions

- Cook pasta until al dente and stir into the sauce
- Could also be served with mash or creamy polenta
- A salad of rocket, pear, parmesan and walnuts with a balsamic dressing works well.
- Fresh bread or garlic bread to mop up that sauce at the end is a must!
- I served with pecorino cheese but parmesan would work too.
- Adjust the above for your own slow-cooker (eg if it has a browning function)
- You can increase the lamb shanks to 3 for the above if you like it more meaty.
- You could possibly cook this for less time but I found the 8 hours rendered all the fat down and made the lamb just melt into the sauce.
- This is great to make a big batch of and freeze, making it easy enough for a weeknight dinner; or serve with fancy pasta for entertaining.
- You can make the day before, refrigerate and reheat.
- If you think it's too saucy – put it in a saucepan or large non-stick frying pan and boil it down for a little bit.
- Using the best quality ingredients possible will maximise the flavours here.



@dollopbyvicki

