



LAMB SHANKS WITH COFFEE RUB

INGREDIENTS

- 2 lamb shanks
- 2 tbsp Hasta Barista Baby
- 1 tbsp olive oil
- 1 red onion, diced
- 1 clove garlic, crushed
- 2 carrots, 1 cm dice
- 1 large parsnip, 1 cm dice
- 1 tbsp tomato purée
- 2 tbsp balsamic vinegar
- 1 litre chicken stock
- 1 tbsp plain flour

This recipe also works really well with

- Wagga Wagga Mama
- Sweet Home Alabama

INSTRUCTIONS

1. Pre-heat the oven to 160°C
2. Rub the lamb shanks with the Hasta Barista Baby rub
3. Heat the olive oil over a medium high heat, then brown the lamb shanks in an enameled cast iron casserole dish
4. Remove the lamb shanks to a plate and add the onion and sweat for 5 minutes, before adding the garlic, carrots and parsnip and cooking for a further 2/3 minutes
5. Add the tomato purée and balsamic vinegar and cook out for a further minute
6. Add the chicken stock and bring to a simmer
7. Add back in the lamb shanks and place in the oven with the lid on
8. Add more chicken stock after 3 hours if too dry
9. After 4 hours, take out the casserole from the oven, remove the lamb shanks to a plate, and place the casserole on the hob. Add the plain flour to the gravy and stir until nicely reduced. Season to taste with salt and pepper
10. Serve with crusty bread



Feeds
2



Prep time
15 m



Cook time
4 h

