

Mother's Day Lamb Shank Stew

Prep & cooking time: 2 hours & 45 minutes

Serves: 4

Ingredients

- Olive oil
- 2 lamb shanks, fat removed
- 1 celery stalk, chopped
- 1 large carrot, diced
- 1 medium onion, chopped
- 1 clove of garlic, crushed
- Salt & pepper to taste
- 2–3 tablespoons tomato paste
- ½ cup red wine or stout
- 1½ cups stock
- 1 tablespoon balsamic vinegar
- 1 sprig thyme
- 1 large parsnip, chopped
- Handful of baby spinach
- Handful of fresh parsley, chopped
- Zest of half a lemon

Method

1. In a heavy based casserole pot, add the olive oil and brown the lamb on both sides. Place the browned lamb onto a plate.
2. To the same pot, add the onion, carrot, celery and garlic. Cook until soft and just turning golden in colour - a few minutes should do it. Season with salt and pepper. Add the tomato paste and cook until glossy and sticky. Pour the red wine into the pot and scrape all the sticky bits from the bottom of the dish. Add the stock, vinegar and thyme. Stir well.
3. Return the lamb shanks to the pot and put the lid on. Bring everything up to a simmer. Leave to simmer away for about 2 hours. Give this a gentle stir every so often.
4. In the meantime, put a knob of butter in a small pan and add the parsnip. Cook stirring until the parsnip is a lovely golden colour and just caramelising.
5. To check if the lamb is done, the meat should pull apart easily with a fork and come away from the bone without effort. Remove the thyme and shred the lamb in the pot. Discard the bones. Add the spinach and parsnip and stir through - the spinach will wilt quite quickly. Add the chopped parsley and lemon zest just prior to serving.
6. Serve on rice, cons cons, mashed potato or pasta.

For difficulty swallowing: Ensure all ingredients are finely diced.

For metallic taste: Substitute mushrooms for the lamb and cook on the stove top. You could also use pork shoulder.

