



Wendy's Norwegian lamb shanks

'Animal welfare from birth to death is a high priority for me, as is sustainable farming, and so Feather and Bone is a godsend, with the assurance of Grant's regular tours of inspection. The Norwegian lamb shanks are a much-anticipated favourite from childhood, as cooked by my mother, Joan Copeland. And if Feather and Bone is out of lamb shanks (remember how few legs each sheep actually has!), any part of the lamb will do. These are always extra special with a fresh bay leaf from the bay tree given to me by my middle child, Hannah.

(When I was a time-strapped mum with hungry children, I used to omit the stages of putting the dish in the fridge and making the roux; instead I simply added the sour cream and dill, and then served with rice and whatever vegetables were on hand.)'

Wendy Bowring, retail customer

Feeds: 6 | Preparation time: 10 minutes | Cooking time: 2 hours, plus chilling

6 lamb shanks, trimmed
90 g (3¼ oz) butter (or 60 g/2¼ oz if you wish to omit the roux)
1 large brown onion, chopped
375 ml (13 fl oz/1½ cups) dry white wine
125 ml (4 fl oz/½ cup) lamb or beef stock
1 bay leaf
30 g (1 oz) plain (all-purpose) flour (if you make the roux)
3 tablespoons chopped dill
245 g (9 oz/1 cup) sour cream
Boiled new potatoes and a cucumber salad, to serve

Season lamb shanks with salt and freshly ground black pepper. Heat 60 g butter in a large frying pan over medium-high heat, add shanks, in batches if necessary, and fry, turning occasionally, for 10 minutes or until browned all over. Transfer to a casserole dish, leaving the drippings in the frying pan.

Add onion to the frying pan with dripping, reduce heat to medium and cook gently, stirring occasionally, for about 5 minutes or until soft and translucent. Pour in wine and stock and bring to the boil. Transfer to casserole dish with bay leaf.

Cover and simmer over medium-low heat for 1½ hours or until shanks are tender. Cool to room temperature, then transfer to the refrigerator to chill. Remove any fat that sets on top.

Reheat casserole over medium heat, remove shanks, and keep warm in a low oven. Add remaining butter to casserole, stir until melted, then add flour and stir for 2 minutes until sandy coloured. Gradually add lamb broth, stirring, and simmer for 3–5 minutes until mixture boils and thickens.

Stir in dill and sour cream, season to taste with salt and freshly ground black pepper, return lamb shanks to casserole and turn to coat. Serve with potatoes and cucumber salad.