

SLOW ROASTED LAMB SHANKS

PREP TIME 20 MIN | COOK TIME 4 HOURS | SERVES 10

Method

1. Pre-heat oven to 160 ° C, full dry heat.
2. Place half the oil in a large, heavy based frying pan over a moderately high heat. Lightly flour lamb shanks, season with salt and cracked black pepper. Cook lamb shanks for 8 minutes or until golden all over. Set aside.
3. Return frying pan to the heat, add remaining oil. Add garlic, bay leaves, onion, celery, while sautéing add fresh thyme followed by carrots. Cook for 5-8 minutes, stirring occasionally or until vegetables are soft and golden. Add oregano. Cook for a further 3-5 minutes or until vegetables are golden. Place in a deep gastronomie, top with lamb shanks.
4. Add stock to pan, bring to the boil to deglaze the pan. Add tomato pasta and red wine, bring to the boil, reduce heat and simmer for 8 minutes, to thicken slightly. Pour sauce over lamb shanks. Cover with baking paper and foil. Cook for 2 ½ to 3 hours or until meat is tender.
5. Serve lamb shanks on a bed of soft white polenta, garnished with micro herbs and with steamed asparagus.

Ingredient List

Lamb

- 10 x lamb shanks
- 125g plain flour for dusting

Other Ingredients

- Salt and pepper to season
- 60mls olive oil
- 60g garlic cloves, crushed
- Bay leaves
- 100g brown onion, diced
- 100g celery, diced
- ½ bunch thyme
- 100g carrots, diced
- 10g dried oregano
- 1.5 litres stock
- 1 kg tomato passata
- 250mls red wine
- Micro herbs to garnish

Serving Suggestions

- Polenta and asparagus to serve

Tips

- Can be served with shaved parmesan.
- Polenta can be substituted with mashed potato
- Asparagus can be substituted with broccoli, broccolini or green beans.

