

slow-braised lamb

shanks serves 4



This is comfort food at its best – tender braised lamb shanks cooked until the lamb is literally falling off the bone and with copious amounts of delicious tasty sauce.

Serve with good bread for dunking – or mashed potatoes and a green vegetable such as savoy cabbage or broccoli.

ingredients

- 2 tbsp olive oil
- 4 large lamb shanks
- 3 garlic cloves, peeled, chopped
- 1 large onion, peeled, chopped
- 500g / 1 lb 2 oz large carrots, peeled, cut into large chunks
- 1 x 400g can of chopped tomatoes
- 2 thick sprigs of rosemary
- 250ml / 9 fl oz hot lamb stock
- 100 ml / 3½ fl oz red wine
- 2 level tbsp runny honey



method

Heat the oil in a large ovenproof casserole and brown the shanks all over, on the hob. If they are really large, you might need to do this in 2 batches. Remove with a slotted spoon and add the garlic, onion and carrots. Gently fry for about 10 minutes.

Add the canned tomatoes, rosemary, lamb stock, wine, salt and pepper, bring to the boil then return the meat to the pan. Season the meat, then drizzle the honey over the shanks.

Cover tightly and place in a preheated oven (150C/300F/Gas 2) for 3½ - 4 hours, or until the meat is falling off the bone.

Check seasoning and serve with mashed potatoes and a green vegetable.

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