



Allison's Recipe of the Season: Braised Lamb Shanks

Ingredients:

- 2 Lamb Shanks – closely trimmed of fat
- 2 Tbsp olive oil
- 2 medium onions – cut into eighths
- 2 medium carrots – peeled and chopped in 1" pieces
- 1 celery stalk – cut into quarter inch pieces
- 2 cloves of garlic – sliced thin
- 2 Tbsp Tomato paste
- 2 cups of dry red wine (Cabernet Sauvignon is a good choice)
- 1 – 2 cups Beef stock
- Salt and Pepper to taste

Directions:

1. Preheat oven to 325 degrees
2. Season lamb shanks with salt and pepper. Add 2 tablespoons of olive oil to a cast iron pan or Dutch oven. Heat pan to high. Dust lamb with a little flour and brown on all sides including end. Set aside on plate.
3. Reduce heat to medium and add onions, celery and carrots to the pot. Cook, stirring occasionally, until ingredients are browned. Add tomato paste, garlic, salt and pepper, a bay leaf, a few sprigs of parsley and a small sprig of rosemary to taste. Cook an additional 1.5 minutes, stirring frequently. Add wine, deglaze pan and reduce by half. Return shanks to the pot and add enough beef stock to come halfway up the sides of the shanks.
4. Cover and place in the centre of the oven and cook for 2.5 to 3 hours or until meat is tender...turning them over halfway through the cooking time.

Serve with tender Parisian Potatoes, your choice of seasonal vegetables and a fresh baby greens salad for a wonderful meal! Bon Appetit!