



Red Wine Braised Lamb Shanks

Warming Casserole

So, the weather has changed, and warming casseroles are a must. You will not be disappointed with this recipe; it takes time to cook slowly (the longer and slower, the better) but you will be rewarded for your efforts.....

At a Glance

Serves 4

Easy

Preparation time 45 mins

Cooking time 2-3 hours

Ingredients

- 2 tbsp Oil
- 4 Lamb shanks
- 2 large onions, sliced
- 1 carrot, peeled and sliced
- 2 sticks celery, sliced
- 3 cloves garlic, crushed
- 250ml full bodied red wine
- 250ml beef or lamb stock
- 6 fl oz tomato passata
- 1 tsp caster sugar
- 2 bay leaves
- 1 large sprig of thyme]
- chopped parsley to serve



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Method

1. Heat oven to 160°C fan. Put a large casserole dish that will snugly hold the lamb shanks in a single layer over high heat with half the oil. Add the lamb shanks and brown well on all sides. Remove from the pan and set aside.
2. Reduce the heat, add the remaining oil and add the sliced onion, carrot and celery. Cook for about 5 minutes until they are mostly tender and beginning to turn golden at the edges. Add the garlic and continue to cook for a further minutes.
3. Pour the red wine into the pan, bring to a boil and simmer for 3 mins. Add the stock and passata and bring back to the boil. Season, add the sugar, bay leaves, thyme and lamb shanks, mixing to coat thoroughly in the braising liquid.
4. Cover with a tight-fitting lidded braise on the middle shelf of the oven for about 2 hours or until the meat is tender, turning the meat in the liquid every 30 minutes. Remove from the oven, check the seasoning of the sauce, scatter with parsley and serve with lots of mashed potato.

Aud's tips

This can be made the day before and reheated which intensifies the flavours even more.

This is another BBC good food recipe from long ago that never fails to please!

