



Braised Lamb Shanks

with rosemary & balsamic vinegar

Ingredients (Serves 4)

4 lamb shanks
2 tbsps plain flour seasoned with salt and black pepper
2-3 tbsps olive oil and possible more
1 tbsp rosemary leaves, finely chopped
1 dsp thyme leaves, finely chopped
2 large onions, peeled and sliced thinly
6 cloves of garlic, peeled and roughly chopped
300ml / 10 fl oz white wine
150 ml / 5 fl oz balsamic vinegar
Bouquet garni of 2 strips of orange peel and 2 bay leaves tied together

Method

Put the seasoned flour into a plastic bag and add the shanks, shaking to coat them evenly. Heat the oil in a large, heavy based casserole and brown the shanks on all sides over a medium heat. This should be done quickly – just a few minutes each side, until they begin to brown and crust. Scrape up any burnt bits of flour and remove with a slotted spoon. The pan may need more oil at this point. Add the rosemary and let it fizz. Then add the thyme, onions and garlic, stirring and cooking until the onions are softened and beginning to become transparent. Raise the heat and add the wine and vinegar, boiling for a few minutes.

Return the shanks and their juice to the pot. Lower the heat and add the bouquet garni tucked into the side. Cover the pot with a layer of greaseproof paper and put the lid on top. Simmer very gently for 2-2 ½ hours, turning the shanks occasionally.

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