

Red Wine Braised Lamb Shanks

This low and slow cooking method is perfect for tougher cuts and yields tender meat with a rich sauce flavored with a classic French combination of garlic, red wine and thyme.

YIELD 8 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 45 MIN
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INGREDIENTS

4 each	Lamb Shanks (about 1 lb each), trimmed of visible fat
¼ tsp	Kosher Salt, <u>divided</u>
To Taste	Black Pepper, ground
3 Tbsp	Olive Oil, <u>divided</u>
1 each	Onion, finely diced
1 each	Carrot, finely diced
1 stalk	Celery, finely diced
3 cloves	Garlic, minced
2 ½ cups	Red Wine, full bodied
1 (28 oz) can	Crushed Tomatoes
2 Tbsp	Tomato Paste
2 cups	Chicken Stock, low sodium
5 sprigs	Thyme, fresh
2 each	Bay Leaves
½ cup	Hot Water

CHEF'S NOTES

Braising involves cooking meat partially submerged in liquid. Braises typically start on the stove and are then transferred to the oven. This method is perfect for tougher cuts like lamb shanks, breast, or neck. The low and slow approach allows the collagen in the meat to break down to gelatin which both tenderizes the meat and creates a richer sauce.

Serve this dish over mashed potatoes, pureed cauliflower, or polenta.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 350°F.
2. Pat the lamb shanks dry and sprinkle with ½ tsp of the salt and black pepper to taste.
3. Heat a large Dutch oven or heavy bottomed pot over medium-high heat. Once hot, add 2 Tbsp olive oil and swirl to coat. Sear the shanks in two batches, until each piece is golden brown on every side, about 5 minutes. Remove to a plate and drain excess fat, as needed.
4. Turn the heat down to medium-low and add the remaining 1 Tbsp olive oil to the same pot.
5. Add the onion, carrot, and celery and sauté until the onion is translucent and the vegetables are softened, about 10 minutes, stirring occasionally. Add the garlic and cook until fragrant, about 30-60 seconds more.
6. Add the red wine and adjust the heat to medium-high. Bring the mixture to a simmer and use a wooden spoon to loosen the brown bits from the bottom of the pan. Simmer for about 3 minutes, allowing the alcohol to evaporate and reduce.
7. Add the crushed tomatoes, tomato paste, stock, thyme sprigs, bay leaves, water, and remaining ¼ tsp salt and pepper to taste. Stir to combine.

8. Place the lamb shanks back in the pot, squeezing them to fit so that they are mostly submerged in the liquid.
9. Bring the mixture back up to a simmer, cover, then transfer to the preheated oven for about 2 hours.
10. Turn the shanks, re-cover and return to the oven for another 30 minutes (2 ½ hours total). The lamb should be very tender with the exposed surface above the liquid browned. The sauce should be reduced down to about ⅓ of the original amount.
11. Carefully transfer the lamb to a plate. Remove the thyme sprigs and bay leaves.
12. Skim excess fat off the surface of the braising liquid. Using an immersion blender, puree the sauce until it is smooth and thick. Add hot water to adjust the consistency and flavor of the sauce, as needed. Serve the sauce over the lamb shanks as desired.

Nutrition Facts

8 servings per container

Serving Size 1/2 shank with sauce (509 g)

Amount per serving

Calories **560**

% Daily Value *

Total Fat 32g **41%**

Saturated Fat 11g **57%**

Trans Fat 0g

Cholesterol 150mg **51%**

Sodium 370mg **16%**

Total Carbohydrate 9g **3%**

Dietary Fiber 3g **9%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Protein 45g **91%**

Vitamin D 0mcg **0%**

Calcium 60mg **5%**

Iron 5mg **27%**

Potassium 1000mg **21%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

