



Braised Lamb Shanks

Lamb Shanks may seem daunting to cook, but they're actually quite simple – they just require the use of slow cooking methods, such as sous-vide, braising, or stewing.

INGREDIENTS

- 2 Lamb Shanks, approximately 12 oz. each
- Kosher Salt
- Cracked Black Pepper
- 3 Tbsp Canola Oil
- 1 medium Onion, diced
- 1 medium Carrot, peeled and diced
- 6 small Turnips, cut in half
- 3 Garlic Cloves, smashed with the side of a knife
- ½ cup dry White Wine
- 3 cups Chicken Broth, low sodium
- ½ cup Tomato Paste
- 1 tbsp Dijon Mustard
- 2 sprigs Thyme
- 1 sprig Rosemary

PREPARATION

- 1 hour before cooking, remove the lamb from the refrigerator and season generously with salt and pepper. Allow to rest at room temperature for 1 hour.

- Preheat the oven to 350°F. Heat a large, heavy pot over medium-high heat, add the oil. Cook the lamb on each side, about 3 minutes per side, or until they form a beautiful brown crust. Place the shanks on a plate.
- Remove all but 2 tablespoons of fat from the pot and lower the heat to medium. Add onion, carrot, turnips, and garlic. Cook, stirring often, for 5 minutes or until the vegetables begin to soften and become fragrant. Add the wine, scraping the bottom of the pot to dislodge the brown, meaty bits, and reduce by half. Add the broth, tomato paste, mustard, thyme, and rosemary. Bring to a simmer.
- Add the lamb, making sure to include the drippings from the plate. Cover the pot and place in the oven. Bake for 2 hours, or until the meat begins to pull away from the bone.
- Transfer the meat to a plate. Strain the vegetables and reserve both the braising liquid and the vegetables. Return the braising liquid to the pot, simmer and skim the fat and impurities from the surface. Remove the thyme and rosemary from the vegetables. Here you have two options:
 - For a heartier, richer sauce: blend the vegetables in a food processor and add 1 ½ cups of the braising liquid.
 - For a lighter, silkier sauce: discard the vegetables and slowly simmer the cooking liquid in a smaller pot by half or until it begins to thicken. Stir in 2 tablespoons butter.
- Return the sauce and shanks to the original pot and rotate the meat to coat. Bring to a simmer and cook for 5 minutes to reheat the meat. Serve over creamy mashed potatoes, dividing the sauce between each serving, or serve family style.

OPTIONAL GARNISH

½ cup roughly chopped Flat Leaf Parsley

1 Garlic Clove, minced

2 Lemons, zested

Kosher Salt

Cracked Black Pepper

Combine in a bowl and sprinkle over the finished dish.