

Braised Lamb Shanks

Serves 2

Cuisine: British

Preparation Time: 5 Minutes

Cooking Time: 2 Hours 30 Minutes

Ingredients:

2 Lamb shanks (350g each)
50g Butter
6 Shallots, whole
1 Carrot, roughly chopped
2 Celery sticks, roughly chopped
400ml Brown chicken stock
1 Sprig of Rosemary
1 Garlic clove, whole
White wine

Method:

1. In a large pan (deep enough to hold the shanks and the stock), colour the shanks in the butter until they are brown and golden.
2. Add the vegetables and cook for a further 3-4 minutes.
3. Strain off excess fat and then cover with the chicken stock.
4. Bring it to the boil and skim surface fat off.
5. Put into the oven and braise at 130°C for 2 hours until tender, basting every half hour.
6. Strain off the lamb jus and reduce it to correct consistency.
7. Return the shanks to the braising pan and place in the oven at 190 – 200°C for 20 minutes, basting every 5 minutes.

To Serve:

Chef's Notes: