



Recipe by Executive Chef Eric Hammond
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Braised Lamb Shanks

Serves 4

4 lamb fore shanks, trimmed and cleaned
1 cup carrots, diced
1 cup celery, diced
1 cup Spanish onion, diced
2 cups all purpose flour
5 cloves garlic, lightly smashed
¼ cup mixed chopped herbs (rosemary, sage, oregano, thyme)
1 quart veal broth, or low sodium beef or chicken broth
1 quart big red wine (such as Chianti)
4 tbsp tomato paste
Salt and pepper
Olive oil

- Preheat oven to 325°, season the lamb and dredge with the flour (reserve the remaining flour for an upcoming step).
- Heat the oil in a heavy bottomed pot (with a tight fitting lid) until smoking hot
- Sear the lamb on all sides until golden brown, remove and reserve
- In the same pot add the vegetables, garlic and herbs. Season and cook until caramelized, add a handful of flour and quickly mix until the vegetables are fully coated.
- Add the lamb back to the pot. Put in the wine and tomato paste, reduce to ½ its original volume then add the veal broth (use enough liquid to cover the shanks), bring to a boil and cover.
- Cook in the preheated oven until meat is tender and it can easily be pulled from the bone, about 2 ½ - 3 hours.
- Remove and serve with your choice of accompaniments

This dish can be prepared ahead of time and reheated when needed. Serve with mashed potatoes, creamy or hard polenta or on its own.