

## Braised Lamb Shanks



### Ingredients

- 6 Lamb Shanks
- 2 carrots, peeled and finely diced
- 2 parsnips, peeled and finely diced
- 2 onions, peeled and finely diced
- 2 leeks, cut in half then into 5cm lengths
- 3 Tbs of olive oil
- 2 stalks of celery, finely diced
- 2 cloves of garlic, crushed
- 1 cup of white wine
- 1 x 400g can of chopped tomatoes
- 10 sprigs of fresh thyme
- 4 sprigs of parsley
- 4 sprigs of rosemary
- 1 bay leaf
- 1 to 2 cups of water or broth
- Sea salt and freshly ground black pepper

### Method

1. Heat oil in casserole dish and brown the lamb shanks until very dark. Remove and add carrots, parsnips, onion, leeks, celery and garlic, cooking until soft, about 10 minutes. Deglaze with white wine.
2. Place shanks back in. Add tomatoes, thyme, parsley, rosemary, bay leaf and water / broth. Bring to boil, reduce to simmer, cover & cook for 2 hours, skimming occasionally and adding extra broth if needed.
3. Remove shanks and keep hot. Strain sauce through fine sieve pressing down to extract all juices
4. Boil sauce, stirring until reduced to a thickened sauce. Taste seasoning and adjust as necessary.
5. To Serve. Stir freshly chopped parsley through the sauce before serving. Serve on a bed of mash or creamy polenta.

*Recipe brought to you by Peninsula Bulk Meats*