



LAMB SHANKS BRAISED IN RED WINE & CINNAMON

Ingredients

4 lamb shanks (240g each)

Kosher salt

Freshly ground black pepper

6 fresh thyme sprigs

2 fresh rosemary sprigs

Zest of one lemon peeled in large strips

2 garlic cloves, halved

2 cinnamon sticks

1 teaspoon of whole black peppercorns

Bay leaves

1 tablespoon of sugar

1 bottle full-bodied red wine

0.5 cup plain flour

3 tablespoons extra virgin olive oil

2 cups lamb stock or chicken stock

4-6 pickling onions, peeled

3 carrots, peeled and coarsely chopped

12 large green Spanish olives

12 dried apricots

Method

1. Put shanks in a large bowl and season with salt and pepper. Add herbs, spices and sugar. Add wine, cover and refrigerate for 4-6 hours.
2. Remove shanks from marinade, reserve liquid. Pat meat dry with paper towels. Dredge in seasoned flour and pat off the excess.
3. Put a large heavy-bottomed pot over medium-high heat and add oil. When oil is almost smoking, add lamb, in batches if needed and cook until they are a caramel brown (7-10 minutes).
4. Add marinade to pot, bring to a simmer, cook until slightly reduced, about 5 minutes.
5. Pour in stock, onions, carrots, olives and apricots. Bring to a boil, cover, reduce heat to low, simmer until meat is falling off the bone, 1 1/2 to 2 hours.
6. Transfer to a large platter. Strain the braising juices and season. Pour sauce over and serve with bread.

Serves 4