

Sarah's famous lamb shanks

Preparation time **20 minutes**

Cooking time **3 hours**

Serves **4 people**

INGREDIENTS

2 lamb shanks per person

1 red & 1 yellow capsicum cut into chunks

2 carrots, peeled and chopped into small pieces

3 celery sticks chopped into small pieces

3 garlic cloves cut finely

2 brown onions cut into chunks

1 full bottle of delicious red wine (I use a shiraz/merlot)

1 tablespoon each of cumin and coriander seeds (crushed)

red chillies (use amount to your liking) chopped finely

400g tinned tomatoes

3 tablespoons of honey

METHOD

1. Preheat oven (fan forced) to 150°C.
2. Season the shanks with salt & pepper.
3. Heat oil in a casserole dish and when hot brown the shanks.
4. Remove shanks, add all vegies to dish and sweat off for 10 minutes until vegies are a little soft.
5. Pour the marinade of wine, tomatoes & honey into a large bowl and stir.
6. Scatter the ground spices over the vegies, pour the marinade into the casserole dish & stir all ingredients together.
7. Add the lamb shanks to the casserole dish and bring to the boil.
8. Cover the dish with a lid and place the dish in the oven.
9. Turn the shanks half way through the cooking.
10. When the shanks are ready, the meat will fall away from the bone.
11. Serve the shanks on a bed of creamy mashed potato and pour some of the sauce over the shanks.
12. The left over sauce is perfect to add spag bol, mince or to just have on toast. So don't throw it away – just freeze it for another day.
13. Sit down, have a glass of wine and enjoy the compliments you will receive as these will be the best cooked shanks in the world.

Enjoy!

WITH COMPLIMENTS FROM

webster's
gourmet meat kitchen