



Six Sigma Ranch & Winery



Braised Lamb Shanks

Six Sigma Ranch Chef Mark Linback often presents his Braised Lamb Shanks over creamy corn grits or garlic mashed potatoes. A lovely pairing with Six Sigma Tempranillo. ¡salud!

Ingredients:

1 pound center cut lamb shanks
1 cup red wine-preferably the same as you'll be drinking with the lamb
1 yellow onion, diced
1 carrot, peeled and diced
¼ cup minced garlic
¼ tomato paste or small can of tomatoes in puree
1 quart veal stock or chicken stock but not canned broth
1 tbsp. fresh thyme, minced
Salt and fresh black pepper
½ cup flour
Oil for searing
Kitchen twine-optional

Serves: 4

Preparation:

Tie the lamb shanks horizontally and vertically with the twine (it helps at the end when the shanks are falling apart tender but is not necessary). Marinate the shanks in the red wine and some of the onion and garlic overnight, drain the shanks, reserving the liquid. Heat a heavy bottomed sauce pan over high heat with enough oil to coat the bottom. Season the shanks with salt and pepper and dredge in the flour, add the shanks to the pan, cooking until they are well browned. Remove the shanks from the pan, drain all but a few tablespoons of the oil and add the chopped onions, carrot, garlic and thyme. Sauté until translucent, add the lamb shanks back to the pan along with the reserved marinade and enough veal or chicken stock to cover the shanks halfway. Bring to a boil, lower heat to a simmer and add the tomato paste.

Cover the pot and place in a 325°F oven until tender, about 2 ½ hours. Turn the shanks once or twice to prevent over browning. When tender, remove the shanks from the liquid, strain the liquid, adjust seasoning and reduce the liquid to a saucy consistency if needed. Serve the shanks over your favorite starch and pour some of the sauce over the meat. This dish can be cooked a day ahead and gently reheated.