

## Braised Lamb Shanks with Vegetables



### Ingredients & Method

*Serves:* 6

Preparation time: 20 minutes

Cooking time: 120 minutes

You will need:

- 8 frenched lamb shanks
- ½ cup plain flour
- 1 onion, thinly sliced
- 2 tsp cumin seeds
- 400 g can chopped tomatoes
- ¾ cup vegetable stock
- 2 tbsp honey
- ¼ cup lemon juice
- 1 cup frozen or fresh broad beans (outer skins peeled)
- 175 g baby green beans
- 1 yellow capsicum, chopped
- 1 bunch asparagus, cut into bite size pieces
- 400 g pasta shells, cooked

### Step 1

Preheat the oven to 160°C. Season the flour with salt and pepper and mix well. Dust lamb shanks in the seasoned flour, shake off excess.

### Step 2

Heat a large frypan over a medium high heat, add a little oil. Brown the lamb shanks well on all sides. Remove and place them in a small roasting dish or large casserole dish.

### **Step 3**

Reduce heat in the frypan and add a little extra oil. Add the onion and the cumin, cook for 1-2 minutes, stir occasionally. Add tomatoes, stock, honey and juice. Heat stirring until the mixture boils, turn off heat. Pour over the lamb shanks.

### **Step 4**

Cover the dish tightly with its lid or foil, place in oven. Cook for 1 ½ to 2 hours or until the lamb shanks are very tender. Check after 1 hour, add a little water or stock if needed to keep the shanks just covered. Rest lamb shanks for 10 minutes. To serve cook the vegetables until just tender and place on a warm plate with the lamb shanks. Spoon sauce over lamb.

### **Tips**

Check that the dish simmers gently during the cooking time. Stir occasionally and adjust the heat as the dish cooks if needed.

Best lamb cuts for braising: Frenched lamb shanks, diced lamb forequarter chops, neck chops, lamb topside, lamb rack, leg bone in, easy carve leg or shoulder, leg boned and rolled, boned and rolled lamb shoulder.

To cook in a Slow Cooker:

Brown the lamb shanks well as per the recipe and place in the slow cooker. Place the onions and cumin in to the slow cooker with the lamb shanks. Add the tomatoes, stock, honey and juice. You may need to add a little beef stock or water if it appears that the liquid does not cover the lamb. Cover the slow cooker with its lid, cook on Low Setting for 8-10 hours or the High Setting for 4-5 hours.

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