

LAMB SHANKS IN RED WINE

For eight:

8 lamb shanks (about $\frac{3}{4}$ to 1 lb. Each)
1 lemon
1 tsp. Garlic powder
1 $\frac{1}{2}$ cups all-purpose flour
4 tsp. Salt
1 tsp. Pepper
1 cup vegetable oil
1 liter beef consomme
1 bottle Merlot
2 medium sized onions, chopped
1 whole head of garlic, chopped fine
6 medium sized carrots, peeled and sliced into 2-inch pieces
6 stalks celery, cut into 2-inch pieces
2 small tins of tomato paste

Rub lamb shanks with lemon and sprinkle with garlic powder. Combine flour, salt, and pepper in a plastic bag and shake shanks, one at a time, until well coated with flour. Reserve flour mixture. Heat oil in a large, heavy skillet over moderately high heat; add shanks and cook until lightly browned on all sides, turning occasionally.

Remove shanks to a platter. Preheat oven to 325 degrees F. Cook onions and garlic in skillet with pan drippings until translucent then add 8 tablespoons of the reserved flour mixture; blend well then cook and stir over moderate heat until the flour is lightly browned. Transfer flour/onion mixture to a large Dutch oven, add consomme, wine and tomato paste. Bring to a boil at medium high heat on top of the stove. Cook until thickened, stirring constantly. Add lamb shanks. Cover and bake shanks in a 325 degree oven for 2 hours. Add the carrots and celery and bake for another hour. Meat should be fork tender when done.

Note: It may be necessary to use two Dutch ovens for eight shanks or a large roaster pan. Also, this may be made a day in advance if necessary as it is very good (maybe even better) the next day.