

# Classic Braised Lamb Shanks

**Category:** Lamb

**Servings:** 4

**Rating:** 10

**Source:** Lucy Waverman

## Description:

Bit 'o heaven. Best made a day ahead and reheated.

## Ingredients:

lamb shanks	4
rosemary	2 tsp., chopped
salt	to taste
pepper	to taste
vegetable oil	2 Tbsp.
onion	1, chopped
garlic	2 cloves, chopped
flour	2 Tbsp.
red wine	1/2 cup
beef stock	3 cups
balsamic vinegar	2 Tbsp.
sugar	1 tsp.
tomato paste	2 Tbsp.
bay leaf	1
orange peel	1 x 1" wide strip
parsley	1/4 cup, chopped

## Instructions:

Heat oil in Dutch oven over med-hi heat. Sprinkle shanks with 1 tsp rosemary and season with salt & pepper. Brown lamb on all sides, about 2 minutes a side or till dark brown in color. Remove from pot. Turn heat to mediu-low. Add onion and garlic and saute until softened, about 5 minutes. Sprinkle onions with flour and cook, stirring, for 2 minutes or till flour has browned slightly. Pour in wine. Bring to boil, stirring constantly. Add stock, sugar, balsamic, tomato paste, bay leaf remaining rosemary and orange peel. Bring to boil again. Return shanks to pot. Cover and bake for 1 hour at 300.

Turn shanks in pan to braise the other side, return to oven and bake for 30 minutes longer. Remove lid and bake for another 30 minutes or till lamb is very tender and sauce is thick and rich. Remove bay leaf and orange peel before serving. Sprinke with parsley.