

Braised Alberta Lamb Shanks



Ingredients:

6 Alberta Lamb shanks
Lamb spice mix (see right)
Salt & ground black pepper
1 yellow onion, diced
8 cloves garlic
2 tbsp tomato paste
1 large piece fresh ginger,
peeled and sliced
500ml each dry red wine,
and chicken stock

Lamb spice mix:

2 tablespoons cumin seeds
1 tablespoon each cardamom
pods,
coriander and chilli powder
1 teaspoon each chilli flakes and
cinnamon

Your Notes

Method:

Trim lamb shanks if necessary. Season with spice mixture and salt and pepper. Arrange in a roasting pan and place in a 400° oven for 20-25 minutes. Add sliced ginger, onion and whole garlic cloves, allow to roast for an additional 10 minutes.

Deglaze the pan by pouring the red wine over the shanks and stirring the bottom of the pan to release any of the caramelisation that has occurred. Add tomato paste and chicken stock. Cover the pan with aluminium foil and return to a 350° oven for two hours.

Remove shanks from braising liquid and allow to cool. Strain the braising liquid, refrigerate and skim any fat from the surface.

To serve, place shanks and braising liquid in a shallow roasting pan, cover and reheat at 350° until heated through. Adjust sauce with salt and pepper. Serve each shank over buttermilk mashed potatoes with sauce.

Recipe courtesy of Chef Darren Nixon



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