

## Braised Lamb Shanks with Rosemary

Serves 6



- 6 lamb shanks (about 2.3 kg total)
  - 2 T olive oil
  - 2 medium onions, chopped
  - 3 large carrots, peeled, cut into 1/4-inch-thick rounds
  - 10 garlic cloves, minced
  - 1 750-ml bottle dry red wine
  - 1 400 g can diced tomatoes with juices (Polpa di Pomodoro)
  - 475 ml chicken broth
  - 475 ml beef broth
  - 5 tsp chopped fresh rosemary
  - 2 tsp chopped fresh thyme
  - 2 tsp grated lemon peel
1. Sprinkle **shanks** with **salt** and **pepper**. Heat oil in heavy large pot over **medium-high heat**. Working in batches, add shanks to pot and cook until brown on all sides, **about 8 minutes**. Transfer shanks to bowl.
  2. Add **onions**, **carrots** and **garlic** to pot and sauté until golden, about 10 minutes.
  3. Stir in all remaining ingredients. Return shanks to pot, pressing down to submerge. Bring liquids to boil. Reduce heat to medium-low. Cover; simmer until meat is tender, **about 2 hours**.
  4. Uncover pot; simmer until meat is very tender, **about 30 minutes longer**. *(Can be made 1 day ahead. Chill until cold; cover and keep chilled. Rewarm over medium heat before continuing.)*
  5. Transfer shanks to platter; tent with foil. Boil juices in pot until thickened, **about 15 minutes**. Season with **salt** and **pepper**. Spoon over shanks.

### Comments

- 160°C oven for 2 hours; used half the stock
- 190°C oven for 2½ hours. Removed vegetable and reduced liquid by half, added equal parts butter/flour, some Dijon mustard
- Used immersion blender to smooth out the sauce
- Strain out vegetables and chill to make fat removal easier
- Remove marrow and add to sauce
- Add a little butter to the sauce at the end