

Braised Lamb Shank

PREP TIME: 30 mins

COOKING TIME: 30 mins

SERVES: 10

Ingredients...

10 medium lamb shanks

8 mixed peppers, de-seeded and 1 inch diced

2 onions peeled and 1 inch diced

2 leeks 1 inch diced and washed

250ml red wine

2 ltrs [Essential Cuisine Premier Veal Jus](#) made to instructions

1/2 ltr [Essential Cuisine Lamb Stock Mix](#) made to instructions

6 garlic cloves peeled and quartered

2 sprigs of rosemary and thyme (each)

2 sprigs of chopped dill

1/2 bunch chopped mint

300ml natural or Greek yoghurt

Method...

1. Seal of the lamb shanks until starting to colour. Place in an oven proof dish

2. Add the rest of the vegetables and herbs, except the yoghurt and mint

3. Pour over the [Essential Cuisine Premier Veal Jus](#) and the [Essential Cuisine Lamb Stock Mix](#)

4. Cover and place in an oven preheated to 160°C and roast for 2 ½ -3 hours or until the meat comes easily off the bone

5. Remove the meat from the pot and strain the sauce

6. Serve the meat, vegetables and gravy separately

7. Mix the yoghurt with the chopped dill and mint, serve on the side

Chefs Tip

Add a spoonful of mint sauce to the gravy before braising, or try adding dried apricots for a sweeter finish