

LAMB SHANKS SERVED WITH MASHED POTATOES



Serving: 4 - 6

Cooking Time: Not Specified

Prep Time: 3 hours 30 min

INGREDIENTS

- 125ml (½ cup) olive oil

- 2kg lamb shanks, trimmed
- 80g cake flour
- 4 leeks, chopped
- 4 stalks of celery, roughly chopped
- 4 carrots, peeled and roughly chopped
- 3 red onions, roughly chopped
- 8 garlic cloves
- 2 fresh bay leaves
- 2 spring of fresh thyme
- 2 spring of fresh rosemary
- 5 peppercorns
- 250ml (1 cup) red wine
- 250ml (1 cup) chicken stock
- sea salt, to taste
- **Creamy Mash:**
- 1,5kg potatoes, peeled and chopped
- 125ml (½ cup) milk
- 30ml (2 tbsp) butter
- 50g crème fraîche
- salt, to taste

INSTRUCTIONS

1. Preheat the oven to 150°C. Heat the oil in a roasting pan.
2. Toss the shanks in the flour to coat well and shake off any excess flour. Sear the

shanks in the oil until browned on all sides. Remove and set aside.

3. Add the leeks, celery, carrots, onion and garlic to the roasting pan and cook until the vegetables are soft and slightly browned, stirring constantly for about 5 – 10 minutes.
4. Mix in the bay leaf, peppercorns, thyme and rosemary.
5. Pour in the wine and stock and increase the heat to high to bring to a simmer. Season.
6. Place the shanks on top of the vegetables, cover with foil and bake until the meat is tender and falls of the bone, about 2 – 3 hours.
7. To make the mash, boil the potatoes until soft, transfer to a colander and drain well. Return to the pan and set over a very low heat to dry completely for about 2 minutes.
8. Heat the milk and butter in a small saucepan and pour over the potatoes.
9. Remove from the heat and mash the potatoes with a potato masher.
10. Mix in the crème fraîche and salt. Beat with a wooden spoon until smooth and creamy. Remove the bay leaf and sprigs before serving the shanks with the vegetables and mash potatoes.