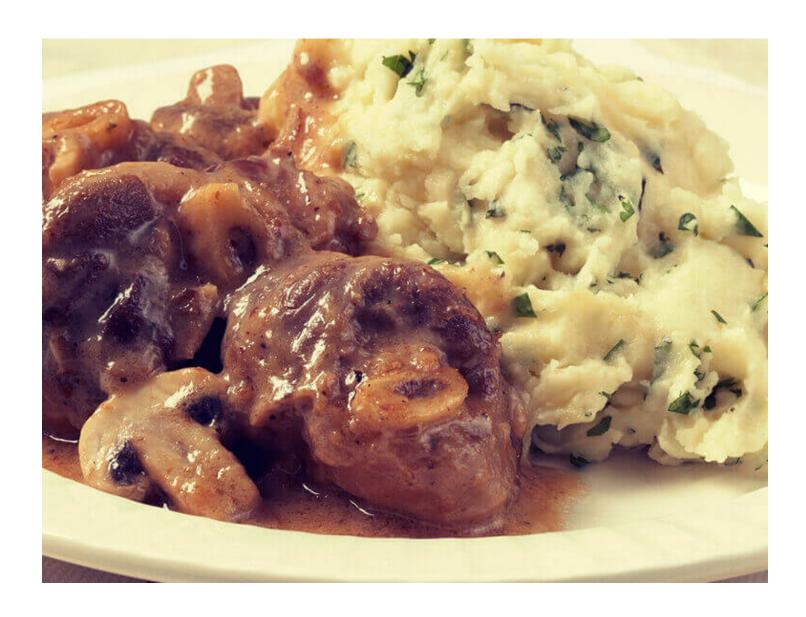
LAMB SHANKS SERVED WITH MASHED POTATOES



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.