

Lamb Shanks Braised in Red Wine Sauce

Ingredients: (serves 4)

4 lamb hind shanks
2 cups red wine
2 cups water
1 tablespoon olive oil
1 tablespoon tomato paste
1 large onion, shredded
2 carrots, diced
2 cloves garlic, chopped
2 bay leaves
400g chopped tomatoes
Salt and pepper
Fresh mint leaves



Method:

Allow shanks to defrost overnight
Roast the shanks in the oven for an hour
Cook lightly the garlic, onion and carrots in oil
Add the tomato paste and chopped tomatoes
Remove shanks from oven and add to the pot
Add wine, bay leaves and allow to simmer
Season with salt and pepper. Add some water
Stir gently, cover pot and cook slowly for an hour
Garnish with mint and serve piping hot

Side dish options:

As lamb has a tendency to be rather fatty, avoid serving fried vegetables with such meat. A good option would be to prepare some boiled potatoes and freshly steamed vegetables like broccoli, snow peas and turnips