

# Lamb Shank Casserole

## Ingredients: (serves 4)

4 lamb hind shanks  
2 carrots, chopped  
2 onions, chopped  
1 stick celery, chopped  
4 large tomatoes, chopped  
4 cloves garlic, chopped  
2 bay leaves  
2 cups red wine  
500ml beef stock  
1 teaspoon fresh rosemary  
small bundle fresh mint  
4 tablespoons olive oil  
Pinch of salt and pepper



## Method:

Heat the olive oil in a large pot.  
Add the shanks turning regularly until brown.  
Add the carrots, onion, celery, garlic, salt, pepper, bay leaves and rosemary.  
Cover pot with lid, wait for five minutes and then add the wine.  
Simmer for another five minutes before adding the tomatoes and stock.  
Bring to the boil, cover with lid and simmer for twenty minutes.  
Transfer the shanks together with vegetables and sauce to a deep casserole.  
Cover dish with foil and braise in a moderate oven (160C) for three hours.  
Pour some sauce over the lamb before serving. Garnish with mint or rosemary.

## Cooking tips:

Hind shanks originate from the leg of lamb.  
You may wish to opt for fore shanks (shoulder) but these are smaller in size.  
For optimum results, allow shanks to defrost overnight in refrigerator.  
Lamb shanks can be served with boiled baby potatoes and an assortment of freshly steamed vegetables, eg. turnips, peas, marrows and cauliflower.  
Horizon is one of the more popular brands of New Zealand lamb and is available from all Prime Meat Shops.