

Lamb Shanks

prep time: 15 minutes

cooking time: 180 minutes



One serving of the shank is 195g (meat only), freeze the rest for another time.

Ingredients:

The Rub:

- 1 tbsp. dried rosemary
- 1 tbsp. dried oregano
- 1 pinch dried chilli flakes
- 1 tsp Dijon mustard

- 4 lamb shanks

- Salt & pepper

- 2 tbsp. olive oil

- 3 leeks chopped into chunks

- 4 garlic cloves chopped

- 6 anchovy fillets, roughly chopped

- 3 tbsp. caper berries

- ½ lemon cut into 4

- 100g black olives

- 2-3 cups lamb or beef stock

stock

- 1 cup cream

Method:

1. Mix together all the ingredients of the rub and rub all over the lamb shanks. Season the shanks with salt & pepper.

2. Heat a large pot and add the olive oil. Brown the shanks on all sides. Add the leek, garlic and anchovies and cook for about 5 minutes.

3. Now add the capers, lemon wedges and olives. Pour in the stock. Bring to a boil, then reduce heat and cook slowly for 2 to 3 hours or until shanks are soft and tender.

4. Top up with water when the fluids evaporate.

5. Remove pot from heat and add the cream.