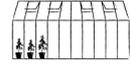


Slow Cooked Lamb Shanks



Jaz Mathisen

AWAKINO STATION

The days are getting cooler which means I'm reaching for the cast iron pan to make hearty meals that slowly simmer away all morning. These lamb shanks tick all of the boxes, being warming and nutritious to prepare the shepherds for an afternoon back out in the elements.

Ingredients:

- 6-8 lamb shanks
- 50g butter
- 2 carrots, diced
- 1 onion, diced
- 2 stalks celery, sliced
- 3 cloves garlic, crushed
- 2 tsp fresh thyme (or 1 tsp dried)
- 2 bay leaves
- 3 tbsp tomato paste
- 2 tbsp balsamic vinegar
- 1 tin crushed tomatoes
- 2 cups beef stock
- 2 tbsp runny honey + more for serving

Method:

1. Brown your lamb shanks in a frypan and set aside.
2. Add the butter to the same pan and sauté the carrots, onion, celery, and garlic.
3. Stir in the thyme, bay leaves, tomato paste, balsamic vinegar, beef stock, and chopped tomatoes.
4. Either add the lamb shanks back to the pan if oven-proof or transfer everything to a casserole dish.
5. Drizzle the honey over the shanks, cover, and cook in a preheated 150°C oven for 2.5-3 hrs until the meat is falling off the bone. I turn the shanks once during cooking.
6. To serve, pile a plate high with mashed potato, add a shank, and pour over plenty of the rich tomato sauce. Sprinkle with fresh parsley and drizzle with more runny honey.