



## Braised Lamb Shanks with Rosemary and Balsamic Vinegar



Lamb shanks are delicious cooked long and slow. My favourite recipe for lamb shanks was given to me by Tamsin Day-Lewis', one of world's favourite food writers and cooks. She has very kindly given me permission to share her famous recipe in this book.

### Ingredients

- ♦ 2 tablespoons plain flour
- ♦ Sea salt and black pepper
- ♦ 4 lamb shanks
- ♦ 2-3 tablespoons olive oil, and possibly more
- ♦ 1 tablespoon rosemary leaves, finely chopped
- ♦ 1 dessert spoon thyme leaves, finely chopped
- ♦ 2 large onions, peeled and sliced thinly
- ♦ 6 cloves garlic, roughly chopped
- ♦ 300ml/10 fluid oz white wine
- ♦ 150ml/5 fluid oz balsamic vinegar
- ♦ A bouquet of 2 strips orange peel and 2 bay leaves tied together with string

Serves 4

### To Cook

Put the flour and seasoning in a plastic bag and add the shanks, shaking to coat them evenly. Heat the oil in a large, heavy-based casserole and brown the shanks on all sides over a medium heat.

This should be done quickly; just a few minutes each side, until they begin to brown and crust. Scrape up any burnt bits of flour and remove with slotted spoon. The pan may need more oil at this point. Add the rosemary and let it fizz. Then add the thyme, onions and garlic; stirring and cooking until the onions are softened and beginning to become transparent. Raise the heat and add the wine and vinegar, boiling for a few minutes.

Return the shanks and their juice to the pot. Lower the heat and add the bouquet tucked into the side. Cover the pot with a layer of greaseproof paper and put the lid on top. Simmer very gently for 2 to 2 ½ hours, turning the shanks occasionally.