



PAIRS
WELL WITH:
MERLOT

BRAISED LAMB SHANKS

Servings 4

Instructions:

Preheat the oven to 300°F. Trim most of the external fat from:

4 meaty meaty, lamb shanks (about 3 to 4 pounds)

Season with:

1 teaspoon salt

½ teaspoon black pepper

Heat in a large Dutch oven over high heat:

2 tablespoons olive oil

Add the shanks and brown on all sides, about 5 minutes. Remove the shanks and keep warm. Pour off the fat from the pot. Add:

2 tablespoons olive oil

2 onions, halved and thinly sliced

2 tablespoons chopped garlic

Reduce the heat to medium, cover, and cook, stirring often, until the onions are quite soft. Sprinkle with:

1 teaspoon ground coriander

1 teaspoon ground cumin

½ teaspoon black pepper

Pinch of ground cinnamon

Pinch of ground allspice

Stir well to coat the onions. Add:

2 cups chicken stock chicken or lamb stock or broth or water

1 cup dry white wine

⅓ cup tomato puree

Increase the heat and bring to a boil. Return the lamb shanks to the pan, cover, and bake until the meat is almost falling off the bone, 1 to 1½ hours. Add:

2 cups carrots, sliced

2 cups diced, peeled winter squash, such as butternut or Hubbard

Cover and bake until the vegetables are tender, about 15 minutes more. Remove the meat and vegetables to a platter and cover with aluminum foil to keep warm. Skim off the fat from the surface of the sauce. Add:



— EST. 1980 —

BRAISED LAMB SHANKS

Continued from page 1

2 tablespoons fresh lemon juice

**2 to 3 tablespoons chopped fresh mint or 2
tablespoons dried mint**

2 teaspoons Harissa, see below

Taste and adjust the seasonings. Pour the sauce over the meat and vegetables. Serve with:

Orzo, Rice Pilaf, braised lentils, or white beans

Harissa

Servings: ½ cup

Toast in a small dry skillet over medium heat, shaking the pan often to prevent burning, until very aromatic, 2 to 3 minutes:

1 teaspoon caraway seeds

1 teaspoon coriander seeds

½ teaspoon cumin seeds

Remove from the heat and let cool, then grind to a fine powder in a spice mill or coffee grinder or with a mortar and pestle. Add and grind until smooth:

2 garlic cloves, quartered

Salt to taste

Add and grind until well combined:

3 tablespoons sweet paprika

1 tablespoon crushed red pepper flakes

1-2 tablespoons olive oil

The harissa will be very thick and dry. To store, transfer the paste to a small jar and cover with:

Olive oil

It will keep, covered and refrigerated, for 6 months.

