



Lamb Shank Casserole

Serves 4

Preparation time 20 mins

Cooking time 2 hrs 30 mins

Ingredients

- 4 lamb shanks, trimmed
- 4-6 tbsp olive oil
- 5 tbsp flour
- 1 leek, halved and cut into 1cm pieces
- 2 stalks celery, roughly chopped
- 2 carrots, roughly chopped
- 2 medium onions, chopped
- 5 whole garlic cloves, peeled and crushed
- 1 bay leaf
- 1 tsp whole black peppercorns
- 1 sprig of fresh thyme
- 1 sprig of fresh rosemary
- 700ml chicken stock
- 250ml cranberry juice (can be replaced with red wine if preferred)

Method

- 1 - Pre-heat oven to 150 degrees C, 300 degrees F, gas mark 2.
- 2 - Heat the olive oil in a heavy, metal baking dish on a hotplate over medium-high heat. Toss shanks with flour to coat well; then shake off excess. Sear the shanks in hot oil until well browned on all sides, then remove from the dish and set aside.
- 3 - Add the leek, celery, carrot, onion and garlic to the baking dish. Cook until softened and lightly browned, stirring constantly; about 5 minutes.
- 4 - Season with the bay leaf, peppercorns, thyme and rosemary sprigs. Pour in the cranberry juice (or red wine) and chicken stock, increase heat to high and bring to a simmer.
- 5 - Season to taste with sea salt and place the lamb shanks on top of the vegetables.
- 6 - Cover the baking dish tightly with foil and place into the preheated oven. Bake gently until the meat is tender and falls off the bone, approximately 2 1/2 hours.
- 7 - Remove the bay leaf and herb stems before serving.