



Chef Jay's Braised Lamb Shanks

Jay C. Veregge ~ Executive Chef

(serves 4-6 people)

INGREDIENTS

3 hind shanks of lamb, *cut in half crosswise*
to taste salt
to taste freshly ground black pepper
flour for dredging the lamb shank
2 Tbsp unsalted butter
12 medium yellow onions, *coarsely chopped*
1 medium leek, *trimmed, quartered, washed and coarsely chopped*
2 medium carrots, *coarsely chopped*
1 large celery stalk, *coarsely chopped*
1 extra large shallot, *peeled and coarsely chopped*
4 large garlic cloves, *unpeeled and crushed*
6 ripe plum tomatoes, *unpeeled, halved and then quartered*
2 sprigs of fresh thyme
1 bay leaf
5 cups chicken stock
1 cup veal stock
½ cup dry white wine
prepared Barley risotto
Sprigs of fresh parsley leaves for garnish

PROCEDURE

- Preheat oven to 350°.
- Salt and pepper the lamb shanks, dredge in flour and pat off excess.
- Set oven-proof casserole dish over moderately high heat. When hot, swirl in just enough butter to coat the bottom of the pan.
- As butter foam subsides, lay in lamb shanks and sauté, turning often with tongs until all pieces are browned on all sides.
- Remove casserole dish from heat; set shanks on a side dish.
- Remove excess fat from casserole dish, but leave a film of fat to cook vegetables.
- Return to burner over moderately medium heat.
- Stir onions, leeks, carrots, celery, shallot and garlic into casserole dish. If necessary, add more butter to coat.
- Sauté, stirring frequently, for several minutes until lightly browned.
- Stir in tomatoes.

- Raise heat to moderately high, add thyme and bay leaf and cook 4 minutes more, stirring frequently until vegetables are softened and tomatoes render juices.
- Return shanks to casserole dish.
- Pour stock and wine over shanks, adding more liquid to cover ingredients, if necessary.
- Bring to a simmer on top of stove, then cover and set in preheated oven.
- Shanks are done when meat is tender (if pierced with a fork and can be pulled cleanly away from bone).
- Garnish with parsley and serve with barley risotto.