

BRAISED LAMB SHANKS

(slightly adapted from a Bartolini family recipe)

3 lamb shanks
2 tbsp olive oil
4 medium carrots, roughly chopped
leaves and stalks from the top of a celery heart, about 1 cup
1 shallot, sliced
2 cloves of garlic, smashed, separated
4 sprigs of rosemary
1 bay leaf
1 cup red wine
2 tbsp tomato paste
1/2 cup sherry vinegar
veal stock (or chicken stock, or water)
salt & pepper to taste
lemon zest for garnish, optional

Heat oven to 250 F.

In a large fry pan, heat the olive oil over med-high heat. Add 2 smashed garlic cloves and sauté until golden. Remove the garlic and discard.

Season the lamb shanks with salt and pepper and place them into the pan, browning them on all sides. This could take anywhere from 10 to 15 minutes. Remove and reserve the lamb shanks.

Place all the vegetables into the pan, season with salt and pepper, and sauté until some color is achieved. Add the tomato paste and cook until fragrant and its color deepens, 2 to 3 minutes. Add the red wine, deglaze the pan well, then add lamb shanks back to the pan. Pour veal stock so that the level of the liquid comes two-thirds up the meat. Add the rosemary and bay leaf, season the liquid with more salt and pepper.

Cover the pan and place in the oven for 3 hours or more, moving the pieces around every 45 minutes or so. If the liquid dries too much, add water or stock. When the meat is super tender, remove it and reduce the sauce if necessary by boiling it down on top of the stove.

Serve, garnished with lemon zest and sauce on the side.