

## **SLOW-COOKER BRAISED LAMB SHANKS**

*(adapted from Williams-Sonoma)*

1 shallot, diced  
2 celery stalks, diced  
6 carrots, peeled and diced  
1 cup water  
2 cup peeled, seeded and chopped tomatoes (I used canned)  
2 Tbs. tomato paste  
1 tsp. chopped fresh thyme  
1 bay leaf  
2 lamb shanks, external fat trimmed  
Salt and freshly ground pepper, to taste  
2 Tbs. olive oil  
1 cup red wine

Put the shallot, celery, carrots,, water, tomatoes, tomato paste, thyme and bay leaf in a slow cooker and stir to combine.

Season the lamb shanks with salt and pepper. In a large sauté pan over medium-high heat, warm the olive oil until nearly smoking. Add the shanks and brown on all sides, about 5 minutes total. Transfer to the slow cooker.

Remove the sauté pan from the heat, pour in the wine and return to medium-high heat. Bring to a simmer, stirring to scrape up any browned bits from the pan bottom. Add the wine to the slow cooker, cover and cook on high for 6 hours. Transfer the lamb shanks to a large serving dish.

Remove the bay leaf from the cooking liquid. If you'd like to de-fat the sauce, transfer the crock pot to the refrigerator, or save the shanks and the sauce in separate containers in the fridge. Next day remove the fat congealed on the surface. If you like a very smooth sauce, puree the liquids until smooth, add to the meat, then re-heat the whole thing together. Alternatively, you can keep the sauce and veggies as they are in the final braising and serve with the shanks.