

Braised Lamb Shanks

By Makinze Gore March 19, 2019

Braising lamb shanks might sound a little intimidating, but honestly, it couldn't be easier. After a quick sear, the oven does all the work for you! You'll have the most tender, fall-off-the-bone lamb for the most comforting dinner you've had all year!

INGREDIENTS

1. 6 lamb shanks
2. Kosher salt
3. Freshly ground black pepper
4. 2 tbsp. extra-virgin olive oil
5. 4 tbsp. butter, divided
6. 1 onion, chopped
7. 2 medium carrots, peeled and finely chopped
8. 3 cloves garlic, minced
9. 2 tbsp. tomato paste
10. 2 c. low-sodium beef broth
11. 1 (15-oz.) can tomato sauce
12. 2 sprigs rosemary
13. 1 c. red wine
14. Mashed potatoes, for serving

DIRECTIONS

1. Preheat oven to 350°. Season lamb shanks with salt and pepper. In a large Dutch oven over medium-high heat, heat oil. Add lamb and cook until golden all over, about 4 minutes per side. Work in batches as necessary. Remove lamb from pot and place on a plate.
2. In the pot, melt 2 tablespoons butter over medium heat. Add onion and carrots and cook until soft, 4 minutes. Add garlic and cook until fragrant, 1 minute more, then add tomato paste and stir until vegetables are coated.
3. Pour in broth and tomato sauce, then return lamb shanks to pot. Add rosemary and bring to a boil. Cover and transfer to oven. Cook until lamb shanks are completely tender, 2 hours.

4. Remove lamb from pot and place on a cutting board. Tent with foil to keep warm. Discard rosemary.
5. Return pot to stove over medium heat. Add wine and bring to a boil. Reduce heat and let simmer until thickened, 10 minutes. Stir in remaining 2 tablespoons butter.
6. Serve lamb with mashed potatoes and spoon sauce on top.



Photo by Parker Feierbach

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