

## Braised Lamb Shank with Mashed Potato

Preparation time: 30 minutes

Cooking time: 2 hours

Serves 4

4 lamb shanks  
1 carrot, diced finely  
1 medium onion, diced finely  
2 celery sticks, diced finely  
2-3 tbsp olive oil  
Few sprigs fresh thyme  
2 bay leaves  
2 garlic loves, finely chopped  
1 tbsp concentrated tomato purée  
½ bottle white wine  
250ml lamb stock (or water)  
Salt and pepper  
Fresh parsley, chopped

In a casserole dish, sweat the diced vegetables in some of the olive oil until tender. Add the thyme, bay leaves, garlic, tomato purée, wine and lamb stock or water. Bring to the boil and lower to a gentle simmer. Heat a little more olive oil in a separate pan and brown the lamb shanks on all sides, seasoning with a little salt and pepper. Transfer the shanks to the casserole dish and cover with its lid. Cook in a preheated slow-moderate oven (about 150C/300F/Gas 2) until the meat is completely tender and coming off the bone. Remove the shanks from the pan and keep warm while you finish the sauce. Skim off some of the fat, taste for seasoning, boil to reduce if you think it needs it. Serve one lamb shank on each warmed plate with a generous amount of sauce spooned over. Sprinkle each shank with a little parsley and serve with mashed potato and green beans or mange tout.

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