

BRAISED LAMB SHANKS

6 SERVINGS

6 lamb shanks

Flour for dredging

Salt and freshly ground pepper to taste

1/2 teaspoon oregano

1/3 cup vegetable oil

3/4 cup chopped onions

3/4 cup chopped celery

3/4 cup chopped carrots

1 garlic clove, finely chopped

Pinch of thyme

3/4 cup dry red wine

3/4 cup beef stock

1 Preheat the oven to 350°F.

2 Wipe the lamb shanks well with a damp cloth and remove any fat. Combine flour, salt, pepper and oregano and dredge the lamb shanks in the seasoned flour. Brown in the oil and transfer to a large earthenware casserole or Dutch oven. Add the vegetables, garlic and thyme to the skillet and cook, stirring, 5 minutes.

3 Pour the vegetables over the lamb and add the liquids. Cover and bake 1½ hours, or until the meat is tender.

4 Remove the shanks to a warm platter. Cook the pan sauce over high heat until reduced slightly, then pour over the shanks.