

# Braised Lamb Shanks with Carrots

*Adapted slightly from Joy of Cooking*

Internet address:



- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 2 tablespoons olive oil, to brown the lamb shanks
- 2 tablespoons olive oil, to brown the onions (and you may not need it)
- 2 large onions, halved and thinly sliced
- 2 tablespoons chopped garlic
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1/2 teaspoon black pepper
- 1 Pinch ground cinnamon
- 1 Pinch ground allspice
- 2 cups chicken stock, or lamb stock or broth or water
- 1 cup dry white wine
- 1/8 cup tomato puree
- 2 cups carrots, sliced
- 2 cups winter squash, such as butternut or Hubbard, peeled and diced [I didn't use this]
- 2 cups celery, chopped [not in original recipe]
- 2 tablespoons fresh lemon juice
- 2 tablespoons chopped fresh mint, or 2 tablespoons dried mint
- 1 teaspoon harissa, [original calls for double this amount]

## Servings: 4

1. Preheat the oven to 300°F. Trim most of the external fat from: lamb shanks. Season with salt and pepper.
2. Heat olive oil in large Dutch oven over high heat. Add shanks and brown on all sides, about 5 minutes. Remove the shanks and keep warm. Pour off the fat, then add additional olive oil, onions and garlic (at the last, so it doesn't burn).
3. Reduce heat to medium, cover and cook, stirring often, until the onions are quite soft, then sprinkle with all the spices. Stir to coat the onions, then add stock, white wine and tomato puree.
4. Increase the heat and bring to a boil. Return lamb shanks to the pan, cover and bake until the meat is almost falling off the bone, 1-1 1/2 hours.
5. Add carrots and winter squash. Cover and bake until the vegetables are tender, about 15 minutes more.
6. Remove the meat and vegetables to a platter and cover with aluminum foil to keep warm. Skim off the fat from the surface of the sauce. Add lemon juice, mint and harissa. (The collagen in the bones should produce a velvety slightly thick sauce. If it's not thick enough, you can reduce it further, but don't season any further until you've done that.) Taste and adjust seasonings. Pour the sauce over the meat and vegetables. Serve with orzo, rice pilaf, braised lentils or white beans. [I served it with mashed potatoes in order to enjoy more of the flavorful sauce.]

**SLOW COOKER:** Brown lamb shanks, remove, then add onions. Cook for 4-5 minutes until softened, then add garlic for about a minute. Add seasonings, then chicken broth and all the spices and tomato paste. Stir well. Bring mixture to a boil, add lamb shanks and place in slow cooker for about 6 hours on low. Add carrots (and celery, if using) and cook another hour or so until carrots are just fork tender. Add lemon juice, harissa and sprinkle with mint when serving.

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Per Serving (excluding unknown items): 268 Calories; 14g Fat (54.2% calories from fat); 4g Protein; 23g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 1722mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 3 Vegetable; 0 Fruit; 2 1/2 Fat.

Carolyn T's Blog - Tasting Spoons  
<http://tastingspoons.com>