

Lamb Shanks With Garlicky Madeira Gravy - Pressure Cooker

Adapted from a recipe on food.com



2 pounds lamb shanks
salt & freshly ground black pepper to taste
1 tablespoon olive oil
10 whole garlic cloves, peeled and left whole
1/2 cup chicken stock
1/2 cup Madeira, or Port
1 tablespoon tomato paste
1 teaspoon dried rosemary
1 tablespoon balsamic vinegar, fruit type (like fig or orange)

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

Servings: 2

You could easily cook this on the stove top - for about 2 1/2 hours, covered, adding more liquid as needed. Don't allow pan to dry out. The fat didn't separate when I made this - perhaps the mashed garlic and tomato paste allowed it to homogenize.

1. Trim excess fat from the lamb shanks and season with salt and pepper.
2. Heat the oil in the pressure cooker. Add the shanks and brown on all sides. (I did this in a wide nonstick skillet).
3. When the shanks are completely browned, remove to a plate and set aside. Add the garlic cloves and stir quickly until they are lightly browned but not burned.
4. To the pressure cooker add the stock, Madeira, tomato paste, and rosemary, stirring so the tomato paste dissolves. Add lamb shanks.
5. Close the pressure cooker and bring up to full pressure (15 pounds).
6. Reduce heat to stabilize pressure and cook for 35 minutes.
7. Remove from heat and let pressure release naturally.
8. Remove the lamb shanks, set aside and cover loosely with foil.
9. If you have a gravy separator (and have the time) allow gravy to sit for 10 minutes so you can drain off the tasty gravy without all the fat. If liquid is more than about 1/2 cup, simmer at a low boil until the mixture has reduced and slightly thickens.
10. Add balsamic vinegar, stir, then mash the garlic cloves with a spoon.
11. Serve the sauce over the lamb. If desired, sprinkle the top with some grated orange peel.

Per Serving (excluding unknown items): 1071 Calories; 68g Fat (62.0% calories from fat); 86g Protein; 8g Carbohydrate; 1g Dietary Fiber; 299mg Cholesterol; 947mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 0 Fruit; 1 1/2 Fat.