

Garlicky Braised Lamb Shanks with Sweet Peppers and Onions

Adapted a little from *Food & Wine best 40 recipes of all time, 2022*



Garlicky Braised Lamb Shanks with Sweet Peppers & Red Onions

Servings: 4

NOTE: the peppers and onions add a lot of flavor and texture to this. I recommend you double the amount of them. You'll need to increase the amount of chicken broth and butter too, and maybe a bit more thyme as well. If the long-braised garlic cloves (in their skins) aren't burned, squeeze the succulent garlic out into the sauce you make at the end.

1. Preheat oven to 300°F. Sprinkle lamb with 1 teaspoon salt and 1/2 teaspoon black pepper.

2. Heat 1 tablespoon butter in a large ovenproof Dutch oven over medium until foamy. Add 2 shanks, all of the unpeeled garlic cloves, bay leaves, and thyme sprigs, and cook, turning occasionally, until browned all over, about 15 minutes. Transfer browned shanks, unpeeled garlic, bay leaves, and thyme sprigs to a platter, and set aside. Add remaining shanks to Dutch oven, and cook, turning occasionally, until browned all over, about 15 minutes. Return browned shanks, unpeeled garlic, bay leaves, and thyme to Dutch oven. Cover and transfer to preheated oven. Cook, flipping shanks every 20 minutes, until very tender, about 2 hours.

3. Remove lamb shanks, and set aside. Pour chicken broth into Dutch oven, and bring to a boil over high, scraping up any browned bits from bottom of Dutch oven. (Use a fat separator if you have one, otherwise use next method here.) Remove from heat; use a ladle to skim off fat from surface, and discard. Return broth to a boil over high, skimming surface often and discarding fat, until reduced to 2 cups, about 10 minutes. Pour broth mixture through a fine wire-mesh strainer into a large measuring cup; discard solids. Skim remaining fat from surface, and discard. Wipe Dutch oven clean; pour strained stock into Dutch oven.

4. Add peeled garlic cloves to strained broth, and simmer over medium-low until garlic is slightly tender, about 20 minutes, flipping garlic cloves after 10 minutes. Return lamb to Dutch oven. (The lamb can be cooked up to a day ahead. Refrigerate, covered; reheat before proceeding.)

5. Scatter bell peppers around lamb, and cook over medium-low, moving peppers around lamb occasionally, until peppers and garlic are tender, about 10 minutes. Using a slotted spoon, transfer lamb shanks to warm serving plates. Add remaining 1 tablespoon butter, thyme, remaining 1/4 teaspoon salt, and remaining 1/2 teaspoon black pepper to sauce, and stir until creamy. If mixture gets too dry, add more chicken broth or water to make a small amount of sauce. Remove from heat. Spoon sauce with bell peppers and garlic cloves around lamb shanks and peppers and serve immediately.

4 pieces lamb shank, whole, about a pound or more each

1 teaspoon kosher salt

1/2 teaspoon black pepper

1 tablespoon unsalted butter

12 garlic cloves, unpeeled

24 garlic cloves, peeled

2 whole bay leaves

1 tablespoon dried thyme

PEPPERS:

3 1/2 cups low-sodium chicken broth

1 large red bell pepper, cut into 1/4-inch strips (more recommended)

1 medium yellow bell pepper, cut into 1/4-inch strips (more recommended)

1 large red onion, thinly sliced (more recommended)

SAUCE:

1 tablespoon butter

1/2 teaspoon dried thyme

1/4 teaspoon salt

1/2 teaspoon black pepper

(you might need a few tablespoons more broth or water)

Per Serving (excluding unknown items): 603 Calories; 23g Fat (63.0% calories from fat); 8g Protein; 23g Carbohydrate; 3g Dietary Fiber; 222mg Cholesterol; 980mg Sodium; 6g Total Sugars; 0mcg Vitamin D; 102mg Calcium; 3mg Iron; 565mg Potassium; 150mg Phosphorus. Exchanges: .

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