



Lamb Shanks

Ingredients:

- 3 tablespoons Olive Oil
- 4 Lamb Shanks, French Trimmed
- 1 Onion finely sliced
- 2 cloves crushed garlic
- 2 carrots chopped
- 200grams Swiss Brown Mushrooms sliced
- 1 tin chopped tomatoes
- 1 tablespoon Turmeric
- 2 bay leaves
- 2 cups meat stock (chicken / beef / lamb are all ok)
- Salt and pepper to taste at the end

Method:

In a heavy based cooking pot or casserole pot heat 2 tablespoons of olive oil and place the lamb shanks in to brown.

Take them out and set aside, add in another tablespoon of olive oil and sauté the onion for 5 minutes then add in the carrot and mushrooms and cook for another 5 minutes

Add in the Turmeric and Bay leaves and cook for 5 minutes, stirring the flavours through the vegetables well then return the lamb shanks to the pot with the stock and crushed garlic.

Cover the pot and cook on low for 3-4 hours turning the lamb shanks each hour during this time, the meat is ready when it's starting to fall off the bone. To thicken the sauce you can cook with the lid off for the last 30 minutes if there's still too much liquid, otherwise leave it to serve, it adds to the flavour.

Season to taste with salt and pepper at the end and serve on a bed of mash (can be cauliflower / potato / sweet potato / pumpkin) with some steamed green vegetables on the side.