

LAMB SHANKS FOR TWO WITH CREAMY MASH & GREMOLATA



Fall-apart lamb shanks will melt many hearts! This hearty Italian-inspired recipe for two is easy to make and will leave your hands free to decorate a memorable dinner table while the meat slowly roasts to perfection. Serve with your choice of freshly cooked pasta, creamy mashed potatoes or parmesan polenta.

INGREDIENTS: (SERVES 2)

30 ml (2 tablespoons) olive oil
2 medium lamb shanks
salt & pepper
½ onion, finely chopped
1 small carrot, finely chopped
2 garlic cloves, finely grated
a few sprigs thyme, leaves only
15 ml (1 tablespoon) tomato paste
1 cup (250 ml) red wine
1 x 400g can chopped tomatoes
125 ml water
freshly cooked mashed potatoes
or pasta or polenta, to serve

For the gremolata:

a handful Italian parsley
grated rind of a lemon
1 small garlic clove, finely grated
(optional)

METHOD:

Preheat the oven to 170°C. Heat the oil in a 26-28cm wide heavy-based casserole/pot (with lid), then fry the lamb shanks on both sides, seasoning with salt & pepper. Remove the shanks from the pot, then add the onion, carrot and garlic, frying until golden and soft. Add the thyme and tomato paste and fry for another minute, then add the wine, tomatoes, water and stir. Place the shanks back in the pot, bring to a simmer, then close with a lid and transfer to the oven. Roast for 2,5 to 3 hours until the meat starts to fall away from the bone. In the meantime, make the gremolata: Use a chef's knife to chop the parsley as finely as you can, then mix it with the lemon rind and garlic. Serve the shanks warm on mash, pasta or polenta, scattered with the gremolata.