



Chef Adrian Giese's Mediterranean Braised Lamb Shanks

Generously season the lamb shanks with salt, coriander and black pepper. In a small cast iron Dutch oven, heat up the oil on a medium heat and sear the lamb shanks on all sides until you have a rich golden brown color. Remove the shanks and set aside. In the same pan, turn down to a medium low heat and add the onions, carrots and anchovies. Sauté until slightly translucent. Then add the garlic, tomato paste, and chopped herbs and sauté until the garlic smells sweet (about two minutes). Place the shanks back into the pan along with any juices and add the red wine. Be sure to scrape the bottom of the pan to release all the bits. Add the chicken stock and bring to a simmer. Place the lid on top and turn the heat to low and cook for 1-3/4 hours. Remove the lid and simmer for another 1/2 hour to reduce the liquid. The meat should be tender and falling away from the bone. Adjust the seasoning of the sauce with a little salt and add one Tablespoon of butter for extra richness and shine.

Ingredients:

2 Lamb shanks
2 Tbsp extra virgin olive oil
1 Medium onion - 1" dice
4 Baby carrots peeled and sliced 1/2" thick
4 Large cloves garlic - roughly chopped
2 Brown cured anchovies (optional)
2 Packed Tbsp Italian parsley finely chopped
1 Tbsp chopped oregano
1 tsp thyme leaves de-stemmed

2 Tbsp tomato paste
1 tsp cracked coriander seeds
6 oz red wine (Cabernet Sauvignon / Chianti)
1- 1/2 cups chicken stock
Kosher salt
Fresh cracked pepper
1 Tbsp butter



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