



SLOW COOKED LAMB SHANKS

by Tim Bone

SERVES: 4

INGREDIENTS

4 LAMB SHANKS	1 CELERY STICK, DICED
1/2 CUP PLAIN FLOUR	1 CARROT, DICED
1 TSP SALT	2 SPRIGS OF ROSEMARY
1 TSP PEPPER	6 SPRIGS OF THYME
4 GLOVES OF GARLIC, CHOPPED	4 CUPS OF CHICKEN STOCK
1 ONION, DICED	2 TBSP OF HONEY
	TO GARNISH, CHOPPED PARSLEY AND MINT

METHOD

1. HEAT A LARGE PAN OVER MEDIUM-HIGH HEAT. ADD A TABLESPOON OF OIL TO THE PAN. WHILE THE PAN IS HEATING, MIX THE FLOUR AND SALT AND PEPPER TOGETHER AND DUST SHANKS IN THE FLOUR MIX. COOK THE SHANKS IN THE PAN TO BROWN ON ALL SIDES. REMOVE ONTO A PLATE.
2. IN THE SAME PAN, ADD THE ONION, CELERY AND CARROTS AND COOK STIRRING FOR A COUPLE OF MINUTES. ADD THE GARLIC AND COOK FOR ANOTHER MINUTE. REMOVE FROM THE HEAT.
3. SET SLOW COOKER TO HIGH, ADD THE BROWNEED LAMB SHANKS, COOKED VEGETABLES, ROSEMARY, THYME, HONEY AND CHICKEN STOCK. MAKE SURE THE LAMB SHANKS ARE ALMOST COMPLETELY SUBMERGED IN THE STOCK.
4. COOK FOR 6 HOURS (ON HIGH) OR 8-10 HOURS (ON LOW)
5. SERVE WITH MASHED POTATO AND PEAS, SPOON LIQUID IN THE SLOW COOKER OVER THE MEAL, GARNISH WITH PARSLEY AND MINT AND ENJOY!