

## BRAISED LAMB SHANKS WITH CARROTS

6 TO 8 LAMB SHANKS (ONE PER PERSON)  
1 LARGE BROWN ONION  
20 MEDIUM CARROTS  
6 CLOVES OF GARLIC  
1 BOTTLE OF DARK ALE OR BEER  
BOUQUET GARNIE (4 THYME SPRIGS, 8 PARSLEY STEMS, 1 BAY  
LEAF TIED TOGETHER WITH COTTON TWINE)  
2 STAR ANISE  
1 TSP OF CHILI FLAKES  
4 TBSPS OF TOMATO PASTE  
4 TO 6 CUPS OF HOMEMADE BEEF STOCK  
PARSLEY

PRE-HEAT OVEN TO 325°

HEAT ½ CUP OF VEGETABLE OIL IN A LARGE DUTCH OVEN. DRY THE LAMB SHANKS WITH PAPER TOWELS. SALT AND PEPPER. BROWN THEM ON ALL SIDES, A FEW AT A TIME. DON'T CROWD THE PAN.

MEANWHILE, PEEL AND DICE THE ONION, 2 CARROTS AND GARLIC.

WHEN THE SHANKS ARE BROWNEED, REMOVE TO A PLATE. POUR OFF MOST OF THE FAT. ADD 3 TBSPS OF BUTTER TO THE POT. ADD ALL THE DICED VEGETABLES, LOWER THE HEAT AND COVER. SWEAT VEGETABLES FOR 5 TO 10 MINUTES, SCRAPING UP LAMB DRIPPINGS OCCASIONALLY WITH A WOODEN SPOON.

ARRANGE LAMB SHANKS IN THE CASSEROLE WITH THE BOUQUET GARNIE IN THE MIDDLE. POUR IN THE ALE, BRING TO A BOIL FOR A MINUTE. POUR IN ENOUGH BEEF STOCK TO COVER THE SHANKS. ALLOW TO A BOIL AND ADD TOMATO PASTE, STAR ANISE AND CHILI FLAKES.

COVER AND PLACE IN THE OVEN. BRAISE FOR ONE HOUR.

MEANWHILE, PEEL THE REMAINING CARROTS. CUT IN 2-INCH PIECES ON THE DIAGONAL. ADD THE CARROTS TO THE CASSEROLE, PUSHING THEM DOWN INTO THE LIQUID.

COVER AND BRAISE ANOTHER 30 MINUTES. TURN OFF THE OVEN AND ALLOW THE SHANKS TO COOL IN THE CLOSED OVEN.

REMOVE THE SHANKS AND THE CARROTS TO A BOWL. STRAIN THE LIQUID INTO ANOTHER BOWL, DISCARDING THE DICED VEGETABLES AND BOUQUET GARNIE. WASH THE CASSEROLE.

REFRIGERATE SHANKS, CARROTS AND THE SEPARATE BOWL OF JUICE FOR SIX HOURS OR IDEALLY OVERNIGHT.

THE FAT WILL CONGEAL AT THE TOP. REMOVE WITH A SPOON , TAKING CARE TO DISCARD AS LITTLE OF THE STOCK AS POSSIBLE.

ARRANGE THE SHANKS IN THE CASSEROLE VERTICALLY WITH THE CARROTS AROUND THEM. ( SEE PICTURE)

POUR IN THE STOCK AND HEAT GENTLY FOR ABOUT 15 MINUTES.

CHOP PARSLEY AND SCATTER OVER THE DISH. SERVE WITH GOOD, CRUSTY BREAD TO SOAK UP THE JUICE.

SERVES 6-8

JILL BERNHEIMER FROM DOMAINE L.A. RECOMMENDS
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MY CHOICE FOR THIS DISH IS A CORBIERES FROM DOMAINE FAILLENC SAINTE MARIE, A RED CUVÉE CALLED “SYRH-CONFERENCE DE PRESSE”, WHICH IS DOMINATED BY – YOU GUESSED IT - SYRAH. THIS WINE HAS A RICH MEATINESS WHICH WILL COMPLEMENT THE GAMINESS OF THE LAMB, WITH VIBRANT FRUIT THAT MESHES WITH THE BEER-BASED STOCK AND A FAIRLY SMOOTH TEXTURE.

IT WILL BE IN THE STORE LATER THIS WEEK FOR BETWEEN \$18 AND \$20.