Recipe Details

Recipe Name : **B-Orange Braised Lamb Shanks**
Recipe Category:
Author : **Hugh Fearnley-Whittingstall**
Created : **February 16, 2015**
Last Updated : **February 16, 2015**
Portions : **4**

Weight (Per Portion)
One portion of this dish weighs approximately 313.00 Grams

Recipe Ingredients		
Ingredient	**Quantity**	**Allergen Warnings**
Carrots	1 Medium	
Onions, raw	1 Medium	
Celery	2 Unit	Celery
Oil, olive	3 Tablespoon	
Thyme, fresh	1 Bunch	
Bay leaf, dried	2 Unit	
Garlic	2 Clove	
Tomato, puree	1 Tablespoon	
Stock, lamb, liquid	250 Millilitre	Gluten Celery
Orange, juice	160 Millilitre	
Orange, zest	60 Millilitre	
Lemon, juice	45 Millilitre	
Lemon, peel	15 Millilitre	
Salt, table	1 Pinch	
Pepper, black	1 Pinch	
Wine, white, dry	375 Millilitre	SO₂ Sulphur Dioxide
Parsley, raw	10 Gram	

Recipe Alerts	
Allergen Warnings:	Gluten Celery SO₂ Sulphur Dioxide

Recipe Method
1. Preheat the oven to 150C/300F/Gas Mark 2. 2. In a suitable casserole dish, sweat the finely diced carrot vegetables in some of the olive oil, without browning, until tender. 3. Add the thyme, bay leaves, finely chopped garlic, tomato puree or sieved roasted tomatoes, wine and lamb stock or water, along with most of the orange zest (no pith) and juice (retain a few pinches of zest and 1 tbsp of juice). Bring to the boil and lower to a gentle simmer. 4. Heat a little more olive oil in a separate pan and brown the lamb shanks on all sides, seasoning with

Recipe Method

a little salt and freshly ground black pepper as you go. 5. Transfer to the casserole dish and cover with its lid. Cook in the oven until the meat is completely tender and coming off the bone. 6. Remove the shanks from the pan and keep warm while you finish the sauce. Skim off some of the fat that is floating on it. Taste for seasoning and to assess its intensity. Boil to reduce if you think it needs it. 7. Stir in the reserved juice to refresh the citrus flavour. 8. Serve one lamb shank on each warmed plate with a generous amount of sauce spooned over. Sprinkle each shank with a little fresh chopped parsley and a pinch of the reserved zest.