



NEW ZEALAND LAMB SHANKS BRAISED IN HEARTY RED WINE

INGREDIENTS:

- 8 New Zealand lamb shanks about 1 ¼ lb each
- salt to taste
- pepper to taste
- 8 tablespoons of olive oil
- 4 teaspoons of black peppercorns
- 4 bay leaves
- 16 cups of good quality chicken stock or chicken brodo
- 6 cups of a good quality dry full bodied hearty red wine (about a bottle and a half)
- 4 heads of garlic, minced
- 8 ribs of celery cut into medium dice
- 8 carrots cut into medium dice
- 1 large sweet Vidalia onion peeled and rough chopped medium
- 10 sprigs of rosemary

COOKING INSTRUCTIONS:

Preheat oven to 425 F. Season the shanks with salt and freshly ground pepper. In a large oven proof pot heat the oil and sear the shanks on all sides until golden brown. Remove the shanks and add the garlic, celery, carrots, onion to the pot and sweat the vegetables until tender. Add the chicken stock, wine, bay leaf, peppercorns, rosemary to the pot with the sweated vegetables. Put the shanks back in the pot. Put in oven and cook for 2 hours to 2 ½ hours or until the shanks are tender but the meat is not falling off the bone. Remove the shanks from the braising liquid and strain the liquid. De-grease the sauce carefully and reduce over a medium heat by a 1/3. Serve with the lamb shanks. Serve with roasted root vegetables.

"With three people in my family who suffer from macular degeneration, my role as a professional chef is to serve healthy food to help in the prevention of such devastating diseases. I encourage you to eat fresh fruits and vegetables along with lean protein to aid in your quest for healthy eyes. They are your window to your future."

—Chef Mary Beth Lawton Johnson

