

To go along with the New Zealand theme who are lamb fanatics, below is a braised lamb shank recipe that is always a treat.

Braised Lamb Shanks

Ingredients:

approximately 2 cups hot water
1/2 cup dried porcini mushrooms
2 oranges
4 bay leaves
2 rosemary sprigs
4 whole cloves
2 garlic cloves
2 cups finely chopped onions
6 1-pound lamb shanks
1 cup dry red wine
1/4 cup tomato paste
approximately 8 cups low-salt chicken broth
extra-virgin olive oil

Instructions:

- Combine mushrooms and hot water in a bowl and soak until mushrooms are soft.
- Remove orange peel with a vegetable peeler from 1 orange (in long strips) to make a zest. Squeeze juice from 2 oranges and reserve in a separate bowl.
- Heat 3-4 tablespoons of olive oil in a wide pot over medium-high heat and sauté onions until golden. Transfer onions to small bowl and add another 1-2 tablespoons of oil to pot. Season lamb with salt and pepper. Sear the lamb shanks in batches and transfer to plate when browned on all sides, (about 10 minutes per batch).
- Once all the shanks are browned and transferred to plate, return onions, mushrooms, mushroom water, orange peel, orange juice, wine, tomato paste, bay leaves, rosemary, cloves, and garlic back in the pot. Boil for 5 minutes, scraping up browned bits at the bottom of the pot.
- Return lamb to pot, arranging in a single layer. Add enough chicken broth to cover lamb (about 5-8 cups) and bring to a boil. Reduce heat to medium-low. Cover and simmer for 30 minutes. Partially uncover pot and simmer until lamb is tender, turning shanks occasionally (about an additional 1.5 hours, longer if larger shanks used)
- Transfer the lamb to bowl. Tilt pot and spoon fat off top of sauce. Reduce sauce to about 5 cups or thick enough to coat spoon (about 30 minutes).
- Discard cloves, rosemary, bay leaves, garlic cloves from sauce. Season with salt and pepper.
- Return lamb to pot, spooning sauce over to coat.
- Serve and enjoy! I think it's great with polenta and caramelized brussels sprouts.