

Lamb Shank

I made this special recipe for my Wifey, to celebrate our anniversary and now it's become one of our go-to date-night meat recipes. The meat just falls off the bone.

SERVES 2-4

2 lamb shanks, bone-in (± 3.5kg each)
2 Tbsp (30ml) lamb spice rub
salt and black pepper, to taste
3 Tbsp (45ml) olive oil
1 large brown onion, diced
3 garlic cloves, finely chopped
1 medium green pepper, pith removed, and diced
½ cup (125ml) chopped Italian parsley
1 tsp (5ml) chilli flakes
1 tsp (5ml) cayenne pepper
2 tsp (10ml) paprika
1 tsp (5ml) ground cumin
5 Tbsp (75ml) barbecue marinade
5 Tbsp (75ml) steakhouse sauce
¼ cup (60ml) chopped fresh rosemary
340ml liquid lamb stock
200g green beans

1. Pat the lamb shanks dry with paper towel, and season with lamb spice rub and salt. Cover the shanks with cling wrap and refrigerate for at least 4–6 hours, or overnight.
2. Preheat the oven to 180°C.
3. In a large frying pan, heat one tablespoon of oil and sear the lamb shanks for 5 minutes on each side. Transfer to a casserole or ovenproof dish and set aside.
4. In the same pan, heat the remaining oil over medium-high heat. Add the onion, garlic, green pepper and parsley, and sauté for 5 minutes. Season with chilli flakes, cayenne pepper, paprika and cumin.
5. Add the barbecue marinade, steakhouse sauce, rosemary and liquid lamb stock, and stir. Simmer for 5 minutes, then remove from the heat and transfer to the casserole dish with the seared lamb shanks.
6. Place the casserole dish in the oven and roast for 2 hours, turning the shanks every 20–30 minutes. When the lamb shanks are almost done, add the green beans and pop back into the oven for another 5 minutes, or until the beans are just tender. Serve with Creamy Sweet Potato Mash (see p. 113).

