

Peter's Braised Lamb Shanks with Figs:

Ingredients:

4 lamb shanks, trimmed
Sea salt and freshly ground pepper
1 cup unbleached white flour
2 tablespoons extra virgin olive oil
1 large onion, sliced thin
4 garlic cloves, sliced thin
1 cup red wine
2 cups beef stock
1 400 gr can chopped tomatoes
12 dried figs, chopped
1 tablespoon fresh rosemary, chopped

Method:

Liberally sprinkle the lamb shanks all over with a mixture of salt and pepper and dredge in the flour. Heat a large heavy sauce pot over medium-high heat and brown the shanks in olive oil on all sides. Remove the shanks and set aside.

Sauté the sliced onion and garlic in the pan drippings until soft, about 5 minutes. Add the wine, broth, tomatoes, figs and rosemary. Return the shanks to the pot and bring the liquid to a boil. Reduce the heat to low, cover and simmer for 1 ½ hours or cook in a slow cooker for 4-6 hrs.

Remove the shanks and boil the sauce for another 15 minutes or so, until it is reduced to a gravy-like consistency. Taste and adjust the seasoning of the sauce with a ½ teaspoon of sea salt and a few grinds of pepper. Put the shanks back in the thickened sauce to heat through until ready to eat. Serve with fluffy mashed potatoes or buttered egg noodles to sop up all the juices.

Serve with Mashed potatoes and crispy bread to mop up the left over sauce in the pot!