

# Alberta Lamb Shank Braised in Tomato and Garlic Ragout



## Ingredients:

- 4 Alberta Lamb shanks
- Salt and pepper
- 12 cloves of whole peeled garlic
- 1 stalk celery - diced
- 1 carrot – peeled and diced
- ¼ onion - diced
- 2 tbsp. olive oil
- 1 can (369 ml) diced plum tomatoes
- 1 cup dry red wine
- 1 cup rich beef stock
- 1 tsp. dried oregano and thyme leaves

## Method:

Trim excess fat from the shanks and season with salt and pepper.  
Roast in oven until evenly browned at 350.  
Sauté garlic, celery, carrot and onion with the olive oil in a sauce pan. Deglaze the pan with red wine, add the can of tomatoes and beef broth. Season with salt and pepper and add dried herbs.  
Allow to simmer gently until thickened.  
Place shanks in oven proof dish, pour tomato sauce over shanks and cover with foil. Place in 350 oven and braise until tender, approximately 2 hours.  
Serve over polenta or creamy mashed potatoes.

Recipe courtesy Chef Darren Nixon

Your Notes



You've got **GREAT** taste!

[www.AlbertaLamb.ca](http://www.AlbertaLamb.ca)