

# Alberta Lamb Braised Shank with Red Wine Sauce



## Your Notes

### Ingredients:

**Lamb and sauce:** 4-piece Alberta Lamb shank, ¼ cup olive oil, 1 tbsp. cracked pepper, 5 cloves garlic (chopped), ½ yellow onion (finely diced), 1 tbsp. fresh oregano (chopped), 4 cups red wine, 8 cups brown sauce, 2 cups water, ¼ cup Kalamata olives with no pits, ¼ cup semi-dried cherry tomatoes

**Potatoes:** 3 large red or Agria potatoes (peeled), 2 litres salted water, 1 ½ cups hot milk, ¼ cup fresh butter, white pepper

**Garnish:** 8 vine ripened Amoroso tomatoes, 8 baby bell peppers, 8 asparagus, 2 tbsp. olive oil

### Method:

**Lamb and sauce:** In a braising pot, heat the olive oil and sear lamb shanks on all sides. Remove and set aside. In the same pot add garlic, onion and oregano. Sauté briefly to slightly caramelize the onion and garlic. Deglaze with the red wine. Add the brown sauce, stir together and bring to a simmer. Add the lamb shanks to the sauce. Bring the sauce to a simmer and cover. Braise for 3 hours or until lamb is tender and almost falling off the bone. Water can be added on occasion if the liquid reduces too much. When tender, remove the lamb from the sauce and place on a platter. Keep warm until serving. Add olives and dried tomatoes to the sauce, and reduce to a consistency that will coat the back of a spoon.

**Potatoes:** Boil the potatoes until thoroughly cooked and break easily with a fork. Drain water and mash potatoes with milk and butter, and season with salt and white pepper.

**Garnish:** In a sauté pan, heat the oil and sear the peppers, tomato and asparagus.

Serve assembled individually on plates or on a larger platter for sharing. For individual servings, place mashed potato in centre of plate, and top with a shank. Spoon sauce over the lamb, leaving enough to cover the plate. Garnish with vegetables.

*Photo and recipe credit: David Flegel*



**GREAT** taste!  
[www.AlbertaLamb.ca](http://www.AlbertaLamb.ca)