

### Lamb Shanks

Show: Apr 3th

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**Ingredients:** Serves 4-6

4 Lamb Shanks  
2 cups Mirepoix\*  
3 Tbls Olive oil  
1 cup Beef Stock (or lamb)  
1 cup Wine, red, dry  
2 cloves Garlic, chopped  
1 sprig Rosemary  
1 sprig Thyme  
1 sprig Parsley  
1 1/2 cups Flour (Wondra or All Purpose)  
1 tsp Salt  
1/2 tsp Pepper, black

**Procedure:**

In a plastic bag mix together 1 1/2 cups flour, 1 tsp salt and 1/2 tsp pepper.

Place each shank in separately and shake until fully coated. Remove and repeat for each shank. Place shanks in a heated pot that has 3 Tbls olive oil heated and brown all sides.

Remove shanks, deglaze the pot with 1 cup of red wine, add 1 cup stock and 2 cups mirepoix.

Add a sprig each of rosemary, thyme and parsley. Return the shanks and cook at a simmer for 2 hours or until the meat is literally falling off the bones.

Test for salt and pepper to taste.

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