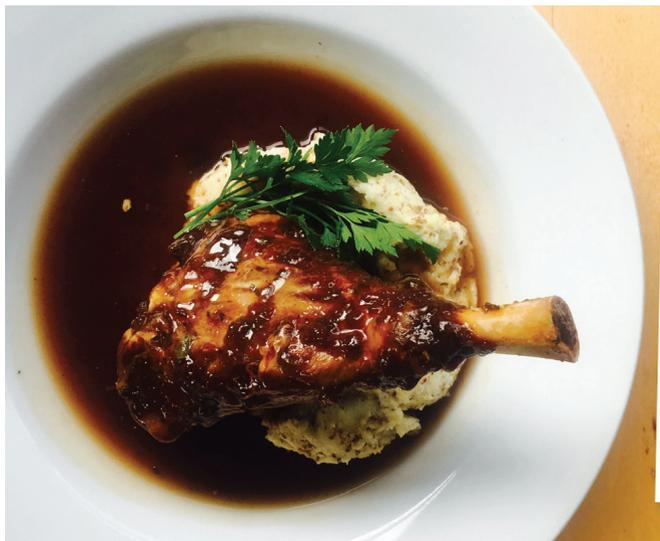


Slow Cooked *lamb shank*

Are you totally fed up with salads? Well now is your chance to treat yourself to something hearty. This is one of The Bell Inn's most popular dishes and, what's even better, the pre-oven prep doesn't take long.



Method

1. Preheat the oven to 150°C.
2. Oil and generously season the lamb shanks. Heat up the frying pan to a medium temperature.
3. Once heated add the lamb shanks and a few sprigs of thyme and rosemary. Turn the shanks to seal - when golden brown on the outside remove from pan & set aside.
4. Finely dice the onions, celery & carrot, then add to a deep oven- & hob-proof casserole dish; sweat on a low heat with butter, salt and a good pinch of pepper.
5. Once sweated down, add the wine, vinegar, Guinness, balsamic, Worcestershire sauce

and reduce by half.

6. Add the lamb to the casserole dish with a bunch of thyme and rosemary.
7. Cover the lamb shanks with chicken stock, adding a little water if required.
8. Put the lid on and into the oven for 3-3.5 hours, until meat falls off bone.
9. Whilst the lamb shanks are in the oven, make the mash. Peel and quarter the potatoes, add to boiling salted water, cook until soft.
10. Strain the potatoes and add a large knob of butter, the mustard and cream, and mash until smooth.
11. When the shanks are cooked,

remove from the casserole dish and set aside. Strain the remaining liquid and reduce by half on the hob until you have a thick jus.

12. To serve, spoon mash onto plates, stand the lamb shanks on a bed of mash and pour over the jus.
13. Enjoy with wilted greens and a glass of Pinot Noir.

Serves: 4

Ingredients

For the lamb

- 4 lamb shanks
- Bunch of rosemary
- Bunch of thyme
- 250ml red wine such as Rioja
- 100ml balsamic vinegar
- 75ml Worcestershire sauce
- 200ml Guinness
- 1 ltr chicken stock
- Tbsp tomato ketchup
- 2 onions, 1 white and 1 red
- 2 celery sticks
- 2 carrots

For the mash

- 900g medium sized red potatoes
- 75g butter
- 50ml double cream
- Serving spoon of wholegrain mustard

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