

# Braised Lamb Shank

## Zinfandel Reduction

(Serves 8)

*“Would you believe we actually have a call list for this dish? In other words, we have a list of people we call if we are serving lamb shanks so they can drop what they are doing and come eat them... that tickles us pink! By the way, make these when you are having at least eight people for dinner or four people who want to take home leftovers. They are a bit of work (worth every second), so you may as well make a bunch of them.”*

### Lamb:

8	Lamb Fore Shanks
1 cup	Flour
½ cup	Vegetable Oil
2 cups	Yellow Onion, diced
1 cup	Carrots, peeled and diced
10	Fresh Garlic Cloves, peeled
3 sprigs	Fresh Rosemary
750 ml	Zinfandel
½ cup	Tomato Paste
2 qts	Chicken Stock
	Salt and Fresh Ground Black Pepper

**For the Lamb:** Preheat the oven to 350°F. Dust the shanks with flour and knock off the excess. Place a large roasting pan on the stovetop. Heat the oil in the pan. When the oil is quite hot, sear the shanks thoroughly on all sides until they are brown (be careful not to splatter yourself when you turn the shanks). Remove the shanks from the pan. Pour most of the oil into a metal can or saucepan to cool and discard. Add the onions, carrots, garlic, and rosemary to the roasting pan. Cook until the onions are tender and lightly caramelized. Deglaze the pan by adding the wine and scraping the bottom of the pan. Simmer until the wine is reduced by half. Stir in the tomato paste and the chicken stock. Return the shanks to the pan. Cover the pan tightly with aluminum foil and place in the oven for 3 hours.

When the shanks are done, carefully remove them from the pan and keep them hot for serving. Pour the liquid from the roasting pan into a saucepan and bring to a simmer. Gently simmer, skimming the fat from the top until the sauce thickens slightly and most of the fat is removed. Season to taste with salt and pepper. Serve hot.

**Finish the Dish:** Serve with your favorite accompaniments. Roasted garlic mashed potatoes are a great match.

**Pairing Suggestion:** Zinfandel (Lodi or Amador County). As with the She Crab Soup and the New Orleans BBQ Shrimp, we can't help but recommend the varietal used to make the dish as the best accompaniment. Lodi and Amador Zinfandels are some of the most delicious available and great values!

