

# Lamb Shanks

**Calories:** 164 kcal

**Servings:** 5

**Time:** 40 Mins

## Ingredients

- 15.00 ml Apple Cider Vinegar
- 2.00 whole Bay Leaves
- 100.00 g Brown Onions (peeled and sliced)
- 250.00 g Carrots (peeled and sliced)
- 2.50 cups Chicken Stock (or 2 chicken sachets)
- 1.00 tbsp Dried Oregano
- 5.00 clove Garlic (crushed)
- 1.00 tbsp Olive Oil
- 1.00 cup Passata (tomato cooking sauce)
- 1.00 sprig Rosemary
- 2.00 g Salt and Pepper (to season)
- 5.00 whole Small Lamb Shanks (trimmed of any excess fat)

## Instructions

1. You will need a stockpot or saucepan that is large enough to accommodate the shanks in a single layer.
2. Heat oil in the pan over medium-high heat, add shanks and cook, turning occasionally, until browned (about 7min). Remove the pan from the heat. Place the shanks on a plate and set aside.
3. Return the pan to medium heat, add onion and carrot to the pan and cook, stirring occasionally, until the vegetables have softened (about 7min).
4. Add garlic to the pan and cook, stirring constantly for one minute.
5. Add chicken stock, Passata, apple cider vinegar, bay leaves, rosemary, oregano, salt and pepper. Increase heat to high, and bring mixture to a boil.
6. Return lamb shanks and any juices to the pan, cover with lid (have the steam vent on the lid shut) and bring the mixture to the boil. Then reduce the heat so the liquid simmers. Simmer the shanks, turning occasionally, for about 2 ¼ hours, or until the meat is very tender.
7. Remove the lamb shanks from the pan, place them on a plate, cover and set aside. Increase heat to high and bring the liquid to a boil. Reduce heat and boil, uncovered, stirring occasionally, until the sauce has thickened to the desired consistency.

8. Discard bay leaves, rosemary and oregano sprigs. Reduce heat to low and return shanks to the pot a few minutes to reheat.