



Braised Lamb Shanks

8 lamb shanks
1 large yellow onion
4 medium carrots, peeled and quartered
10 large garlic cloves, minced
5 sprigs fresh thyme
5 sprigs Rosemary
1 28-oz. can diced tomatoes
1 750-ml bottle red wine
4 cups beef broth
Olive oil
Salt & Pepper

- Generously season the lamb with salt & pepper.
- Heat a large braising pot with olive oil. Working in batches, add the shanks, without crowding the pan, and brown evenly on all sides. Remove from pan.
- Add the onions, carrots and garlic. Cook, stirring occasionally, until starting to brown, about 10 minutes.
- Add the tomatoes with their juice and scrape the brown bits from the bottom of the pan.
- Remove the leaves from the thyme and the Rosemary and add them to the pot.
- Return the shanks to the pot. Add the liquid and season with salt and pepper.
- Bring pot to a boil. Cover and reduce the heat. Simmer for 2 hours.
- Uncover the pot and simmer for an extra 20 minutes.
- Transfer the shanks and carrots to a serving platter. Place in a warm oven.
- Continue simmering the sauce until it thickens, 20 more minutes.
- Serve the shanks with creamy polenta.
- Spoon the sauce over the shanks.

