



# The Small Kitchen Cook

## LAMB SHANKS

With mustard,  
rosemary, oregano  
and white wine

## INGREDIENTS

- Extra virgin olive oil
- 1 red onion, diced
- 3 garlic cloves, finely diced
- 2 lamb shanks, roughly 700g
- 4 sprigs of fresh rosemary
- 3 sprigs of fresh oregano
- 3 tablespoons of tomato paste
- 1 cup of white wine
- The rind of half a lemon, cut into strips
- 1 generous tablespoon of honey
- 1 tablespoon of Dijon mustard
- 2 cups of Vegetable Stock or Chicken

Broth (page 113 or 115 of The Small

Kitchen Cook book)

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## DIRECTIONS

1. In a heavy-based, medium saucepan, heat some olive oil on medium heat. Add onion and garlic and sauté for two or three minutes. Add the lamb shanks and brown off the meat. Browning transforms the sugars and amino acids in that outer layer of meat, expanding its flavour profile. As it stews, that'll permeate through the sauce, adding richness.
2. Throw in the rosemary and the oregano, followed by the tomato paste. Cook it all onto the base of the pan for about five to six minutes. Stir it frequently to make sure it doesn't burn. This also helps add depth to the sauce.
3. Once the paste has darkened slightly, add the white wine and lemon rind and simmer until the wine has reduced and the sauce is quite syrupy. This will take about five to six minutes.
4. Add the honey and the mustard and stir well to combine. Lastly, add the stock. Bring the sauce to a soft boil and then turn down to low and simmer with the lid on for two to three hours. Check on the shanks a few times, making sure they don't stick to the base of your pan.
5. Meanwhile, get started on the Fried Potatoes and herbed mayo . Alternatively, serve it with any carb you've got on hand - quinoa, mashed potato or couscous. The stew is ready when the meat is soft and falls easily off the bones. Remove the lemon peel and the stalks from the rosemary and oregano before you serve.

**TIP:** Using a sharp knife, cut the lemon skin into strips. Cut as close as you can to the skin. Only use the yellow part of the lemon skin, leaving behind the white part (the pith). Remember how many pieces you cut, so you can remove them from the sauce at the end before you serve up.

This is an edited excerpt from *The Small Kitchen Cook*, by Ash Butler, published by Exploring Eden Media. Click on the book for a special offer if you pre-purchase a copy before 31.08.22

**SERVES: 2    PREP: 15 Minutes    COOK: 3 Hours**