



WINEMAKER'S

SELECTION

French lamb shanks with green olives and artichokes

Most lamb shank recipes call for red wine; however, this version is cooked with white wine and herbs, which makes for a lighter and more flavorful sauce. The added orange juice and zest works well with this dish and creates magic with the artichokes and green olives. Serve with soft buttery polenta and some Mentors Cabernet Franc.

Serves: 6

Preparation Time: 20 minutes | Cooking Time: 3 - hours | Reducing Time: 30 - 45 minutes

- 4 lamb shanks
- Some flour, salt and pepper
- butter and Willowcreek Mission olive oil for frying
- 4 onions, peeled and chopped
- 6 garlic cloves, peeled and chopped
- 1 carrot, peeled and cubed
- 1 celery stalk, chopped
- 1 leek, washed and chopped
- 100g tomato paste
- 1 bottle (750ml) white wine
- 1 litre prepared chicken or lamb stock
- handful of rosemary, thyme, marjoram or oregano
- 1 tin chopped tomato
- 15ml paprika
- 4 bay leaves
- zest and juice of 2 oranges
- 2 tins artichokes, drained and quartered
- 100g green olives
- salt and pepper to taste

Dust the lamb shanks in some flour, salt and pepper.

Heat butter and olive oil in a large frying pan and fry the shanks until golden brown.

Remove from the pan and fry the onion, garlic, carrot, celery and leek until browned. You can add more butter and olive oil if needed.

Add the tomato paste and fry for 5 minutes.

Add the wine, stock, herbs, chopped tomato, paprika, bay leaves and lamb shanks and bring to a slow boil.

Cover and place in the oven for 3 - 4 hours or until the meat is soft.

Once done, remove the meat from the sauce, place back onto the stove and add the orange juice and zest, artichokes and green olives. Reduce the sauce slowly over medium heat for about 30 to 45 minutes and season to taste

Add the meat back to the sauce for a further 15 minutes and serve with mashed potatoes or creamy polenta.

