

Blue Talon Bistro's
BRAISED LAMB SHANK©
from Chef David Everett
(Serves 8)

Ingredients

8 ea.	Lamb Fore Shanks (12-16 oz per shank)
1/2 cup	Coarsely Chopped Carrots
1/2 cup	Coarsely Chopped Celery
1/2 cup	Coarsely Chopped Leeks - rinsed
3/4 cup	Coarsely Chopped Onion
12 cups	Veal or Beef Stock
2 cups	Red Wine
6 cloves	Garlic - whole
1 tsp	Coriander
4 ea.	Bay Leaves
4 sprigs	Thyme & Oregano - picked fresh leaves
1 tsp.	Peppercorns
	Sea Salt & Freshly Ground Black Pepper

Season the shanks and sear them in a roasting pan on high heat with grapeseed oil, turning them so that all sides are well browned. (Note: grapeseed oil has a very high smoking point and will not scorch as easily as other oils.) Remove shanks from pan. Add the chopped vegetables to the hot pan along with the garlic. Carameelize the vegetables and then deglaze the pan with the red wine. Simmer the red wine until it reduces by half. Add remaining seasonings and herbs.

Add the shanks to the pan. Add the stock. Cover with foil. Place roasting pan in 350F oven and cook for 3 - 3 1/2 hours or until tender.

(At the Bistro, we serve the Lamb Shank with an Apricot Glaze. This is made by using a rich reduction of red wine and veal stock with apricot preserves being stirred in until well incorporated. Alternatively, the braising liquid from the shanks is an excellent broth/sauce. Be careful if you reduce this broth, as it can become quite salty. Be sure to taste as you go along. Bon Appetit!)