

Braised Lamb Shanks over Creamy Mashed Potatoes



Preparation time: 180 min.

Difficulty: Hard

Ingredients

- **Marinara spaghetti**
 - Organic chopped tomatoes 26.6oz
 - Bay leaf 1
 - Carrots 2
 - Chicken stock 2 cups
 - Garlic cloves 2
 - Lamb shanks 4
 - Olive oil 2 tablespoons
 - Pomi organic chopped tomatoes 28 ounces
 - Red wine 1 cup
 - Rosemary
 - Sage 1 tablespoon
 - Salt and pepper to taste
 - Thyme 2 teaspoons
 - None 2
 - None 1/2

For this recipe we used:



Preparation

This dish is so warm and packed with flavor, it's the perfect meal to enjoy when the air outside is crisp and frigid. We used chopped tomatoes, from [Pomi](#), which helps to create such a nice, thick, and flavorful sauce for the shanks to bathe in for a few hours, before becoming fork tender and melt in your mouth.

1. Preheat oven to 325°F.
2. Place (6 quart) Dutch oven over medium-high heat and add oil.
3. Season lamb shanks liberally with salt and pepper; then sear each shank in Dutch oven on all sides. Remove shanks from Dutch oven and transfer to a plate.
4. Add onion, carrots and celery to pot and sauté for 3 to 4 minutes. Add garlic and continue to sauté for an additional 3 to 4 minutes or until onions begin to caramelize. Season with salt and pepper.
5. Add sage, thyme, rosemary, and bay leaf and continue to sauté for another minute.
6. Deglaze pot with wine and simmer until liquid has dissolved.
7. Stir in chopped tomatoes and stock, then add shanks back to pot. Season with salt and pepper.
8. Bring mixture to a boil, cover and transfer to oven.
9. Braise shanks for about 2 1/2 hours, or until shanks very tender.
10. Remove shanks from Dutch oven and nestle each atop a bowl of creamy mashed potatoes. Spoon some braising liquid over each shank and garnish with fresh thyme leaves. Serve.

Recipe by Jenny & Teri of [spoonforkbacon.com](#)

- Jenny and Teri