

Warner's Budgens Taste Club

November 2009

Chef's Table: Lamb shanks with winter vegetables

Rosemary from The Bridge in Bidford on Avon uses the best of this season's vegetables to create this heart-warming dish – it's a one-pot wonder!

Ingredients

- 4 lamb shanks
- Seasoned flour for frying
- 2 medium onions
- 2 carrots, cut into sticks
- 1 stick celery, chopped
- 2 leeks, sliced
- 1 parsnip, chopped
- Sunflower oil for frying
- Half bottle white wine
- Lamb stock cube
- 1tbsp redcurrant jelly
- 1 sprig fresh rosemary

Method

1. In a large pan, sauté the onions and carrot in oil or dripping until lightly coloured. Add the swede, parsnip, celery and leeks and stir and cook until softening
2. Toss the lamb shanks in the seasoned flour and lightly brown them in a frying pan
3. Add the lamb to the vegetables in a large pot. Throw in the white wine and reduce for 1 minute
4. Add enough stock to just cover the shanks. Season, and add the redcurrant jelly and rosemary
5. Bring to the boil, cover with a tight lid and put in the oven for an hour at 200 degrees

6. When the meat is coming away from the bone, it's done. Serve with mashed potato and buttered kale

To drink:

Mark Archer, our wine expert from Vinology, recommends: Vina Chocolan Merlot.
"The slow cooked meat on the lamb is very tender, so the soft, fruity Chilean Merlot would be a perfect match. Available in all stores"