

# Spiced Slow-Cooked Lamb Shanks



Jamie Oliver's (BEST EVER Pukka) Spiced Slow-Cooked Lamb Shanks

4 x lamb shanks  
sea salt and freshly ground black pepper  
1 x teaspoon coriander seeds  
1 x small dried red chilli (or 2 teaspoons fresh chilli)  
1 x tablespoon fresh rosemary (chopped)  
1 x teaspoon dried oregano or marjoram  
1 x tablespoon flour  
1 x tablespoon olive oil  
1 x clove garlic, finely chopped  
1 x large carrot, quartered, finely, sliced  
6 x sticks celery, quartered, finely, sliced  
2 x large onion, finely chopped  
1 x tbsp fresh rosemary  
2 x tbsp balsamic vinegar  
170 ml dry white wine  
6 x anchovy, fillets  
2 x 400g tins of plum tomatoes  
1 handful fresh basil, roughly, chopped (I prefer continental parsley)

Season the lamb with sea salt and freshly ground black pepper. Smash up the coriander seeds and dried chilli and mix with the

dried marjoram. Roll the lamb in this mixture, pressing it in well. Dust the lamb with the flour.

Heat a thick-bottomed casserole pan, add the oil, brown the meat on all sides and then remove from the pan.

Add the garlic, carrot, celery, onions the chopped rosemary and a pinch of salt and sweat them until softened.

Add the balsamic vinegar and allow it to reduce to a syrup.

Pour in the white wine and allow to simmer for 2 minutes.

Add the anchovies (these really seem to intensify the lamb flavour) and then add the tinned tomatoes, kept whole. Shake the pan and return the lamb to it.

Bring to the boil, put on the lid and simmer in the oven at 180 C/350 F for 1.5 – 2 hours, then remove the lid and cook for a further half an hour.

Skim off any fat and taste for seasoning. Finally, stir in a handful of roughly chopped fresh basil, marjoram or flat-leaf parsley.

NB – If you don't have any white wine handy, I use a mixture of verjuice and stock. The cookbook says it serves four, but if you take the meat off the bones and shred it, it will easily make it to five. I serve this off the bone with either mash, cous cous or rice.