

Lamb-shank Ragu



Ingredients

- **Lamb-shanks**, seasoned and lightly floured.
- **Carrots** x3, finely diced
- **red onion**, finely sliced
- **Tomatoes**, one can, diced
- **Tomato paste**, 1 Tbs
- **Lamb stock**, x2 cubes
- **Garlic** x4 large cloves, peeled diced
- **Bay leaves** x2
- **Sage**, x5 large leaves
- **Thyme**, x3 sprigs

- **Red wine**, one cup

To serve

- **Parsley** fresh 1/2 cup
- **Parmesen** 1/2 cup

Preparation

1. Heat oil in a pan and sear off seasoned Lamb-shanks. Once browned, remove and set aside.
2. In the same pan add carrot, onion and garlic. Sauté until onions have softened.
3. Add red wine to the pan and reduce by half.
4. Add stock cubes, tomato paste, diced tomatoes, bay leaves, sage and thyme. Stir until stock cubes have dissolved.
5. Place lamb-shanks in the bottom of a cast iron pot, cover with tomato mix, and top up with water till lambshanks are just covered.
6. Place in pre-heated oven for 4hours at 130C
7. remove bones and bay leaves, lightly shred lamb, and stir parsley through.
8. Serve over pasta, with parmesan.

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