

Market, St. Helena

Zinfandel Braised Lamb Shank

INGREDIENTS:

- ¼ cup water
- 1 tablespoon salt
- 1 tablespoon pepper
- 5 Lamb Shanks
- Corn Oil
- 1 carrot, diced
- 1 onion, diced
- 5 celery stalks, diced
- ½ tablespoon garlic, chopped
- 2 bay leaves
- ½ bottle Zinfandel wine
- ½ bottle Ruby Port wine
- 1.5 lbs canned diced tomato (including liquid)

METHOD:

Combine flour, salt and pepper in a small mixing bowl. Coat each Lamb Shank in the seasoned flour by rolling them in the mixture and patting them to cover completely and evenly, and set aside.

In a deep wide skillet, sear the flour-dusted Lamb Shanks in the ¼ cup corn oil over medium-high heat until each Shank is completely browned, then remove from pan and set aside to rest.

Drain the used corn oil and discard. Add 5 tablespoons of new corn oil to the same pan and sauté the carrots, onions, celery, and garlic until browned. Add the ¼ teaspoon of black pepper, the bay leaves, and the wines and bring to a boil. Then reduce the heat to medium and simmer until the liquid has reduced to half.

Increase the heat to medium-high and add the canned tomatoes, including their juices, and bring everything back to a boil. Once it reaches a boil, add the Lamb Shanks and place the pan in a pre-heated 300 degree oven and allow to slowly roast for 4 hours.

The Lamb Shanks are ready to serve when they come out of the oven. We recommend masked potatoes or soft polenta with some garlicky sautéed spinach.