

Braised Lamb Shank

Recipe: Erik the Red

Yield:

Portion Size:

Chef: Nicholas

Scale:

AMT	UNIT	INGREDIENTS	PROCEDURES
8	ea	Lamb Shank	1) Generously season shanks with salt and pepper. Heat oil in roasting pan to high temperature. Sear shank until well browned all around.
2	lbs	Onion	
1	lbs	Parsnip	2) Remove shanks from pan onto sheet tray and set aside.
1	lbs	Turnip	
8	Sprig	Rosemary	3) Add vegetables to hot pan, season with salt and pepper, sweat until onion softens and begins to caramelize. 4) Add rosemary sprigs and wine, reduce wine by half, add stock, bring just to boil, add shanks and any juice back to pan. 5) Remove from heat cover tightly with foil, and place in 300 degree oven to braise for 3-4 hours until tender. 6) Hold in oven at lowest setting for service.
1	btl	White wine	
5	qt	Chicken Stock	
A.N.		S&P	
A.N.		blended oil	