

BEER LAMB SHANKS



Jon Camilleri

CH-EAT

INGREDIENTS

- 2-3 Lamb Shanks
- **1tsp Olitalia Olive Oil**
- 1 Large Onion
- 2 Carrots
- 3 Garlic Cloves
- 1/2tsp Dry Thyme
- 1/2tsp Dry Mint
- 1tsp Tomato Paste
- 1 Small Bottle of Beer
- 1tsp Cornflour
- **1 Knorr Lamb Stock Cube**
- 2 Rosemary Sprigs
- Salt & Pepper



METHOD

- 1** Place a cast iron pot or an oven-proof pot over medium-high heat.
- 2** Add the olive oil and brown the shanks from all sides. No need to cook them thoroughly, just give them some colour.
- 3** Remove the shanks, then add the sliced onion, garlic and carrot to the pot. Cook for about 5 minutes until they get a bit soft stirring constantly.
- 4** Add the thyme, mint and tomato paste. Mix well then add the beer.
- 5** In a small glass combine the cornflour with the stock cube with some hot water. For a thicker sauce add 2 teaspoons of cornflour.
- 6** Add the stock to the pot, give it a mix and add back the shanks. They should be half submerged.
- 7** Season with salt and pepper and finish it off with the rosemary sprigs.
- 8** Once it comes to a boil, turn off the heat and cover the pot.
- 9** Transfer it to a preheated 170°C oven and bake for 3 hours. Do not open or mix.
- 10** Serve with mashed potatoes.
- 11** You can also reduce the sauce further more by removing the shanks, and let it boil gently on a stove until it gets to your desired consistency.