

Slow Cooked Lamb Shanks

Ingredients

2 tbsp sunflower oil
4 lamb shanks
350 ml lamb stock (from a stock cube is fine)
1 tbsp tomato puree
1 tsp dried rosemary
0.5 tsp Worcestershire sauce
Sea salt to taste
Freshly ground black pepper to taste
4 onions peeled and quartered
4 carrots peeled and sliced
1 bulb garlic cloves separated
1 tbsp cornflour to thicken the gravy

Method

- Heat sunflower oil in a heavy base frypan and sear the lamb shanks on all sides. Remove from the pan and set aside.
- Deglaze the pan with the lamb stock, scraping up all the browned bits that might be stuck to the bottom. Add the tomato puree, rosemary and season well. Remove from the heat.
- Place in a slow cooker along with the remaining ingredients (except the cornflour) and cook on low for 7-8 hours.
- Remove lamb shanks and thicken gravy, set aside while you make the gravy.
- Dissolve the cornflour in a little cold water.
- Add contents of slow cooker to a heavy frypan and place on a medium-high heat on the stovetop and when the juices in the pan are bubbling carefully pour in the dissolved cornflour. Stir constantly until the gravy thickens. You might need to add some more hot lamb stock or more dissolved cornflour to get it to your desired consistency.
- Serve the lamb shanks and gravy with creamy mashed potatoes.