

## LAMB SHANKS

Sprinkle shanks with salt, pepper and flour. Heat oil in large heavy-based pot over medium-high heat. Working in batches, add shanks to the pot and cook for about 8 minutes or until brown on all sides. Transfer shanks to a bowl.

Add onion, garlic and carrot to the pot and sauté for about 10 minutes or until golden. Stir in all the remaining ingredients. Return shanks to the pot, pressing down to submerge. Bring to the boil. Reduce the heat to medium-low, put the lid on and simmer for about 2 hours.

Remove the lid and simmer a further 30 minutes or until the meat is very tender. Transfer shanks to a platter and tent with tinfoil. Boil juices in the pot for about 15 minutes or until thickened. Season to taste and spoon over the shanks. Serve with charred tomatoes and grilled onion rings.

Serves 4

4 lamb shanks, about 400 g each  
salt and pepper to taste  
35 g cake wheat flour  
30 ml olive oil, separated  
1 onion, finely chopped  
2 garlic cloves, minced  
1 carrot, finely chopped  
(optional, but recommended)  
1 celery stalk, finely chopped  
(optional, but recommended)  
500 ml beef broth  
(or liquid beef stock)  
750 ml Port  
375 ml red wine, or more beef broth  
50 ml tomato paste  
5 thyme sprigs or 6 g dried thyme  
3 dried bay leaves  
(or 5 fresh bay leaves)  
4 parsley sprigs (optional)

## GREEN BEANS WITH TOASTED ALMONDS

To prepare your beans, cut off the small hard tips. Place a heavy based pot of water on the stove top over a high heat, add salt and bring the water to a rolling boil. In a separate bowl, have iced water ready and waiting. Blanch the beans in the boiling water for 3 minutes and remove immediately, placing them into the iced water. Allow these to cool before removing from the iced water and placing aside until ready to serve.

To serve, heat up a frying pan over a medium heat, add the olive oil and beans into the pan and toss over the medium heat until warm. Season with salt and pepper. Place in a bowl and top with toasted almond flakes and parmesan shavings.

Serves 4

1 punnet green beans  
50 g flaked almonds, lightly toasted  
30 g parmesan, shaved  
5 ml olive oil  
salt and pepper



