

## LAMB SHANKS WITH WHITE BEANS AND GREMOLATA

NOTE: DRIED HERBS ARE LISTED IN THIS RECIPE. IF YOU CHOOSE TO USE FRESH HERBS ADJUST TEASPOON MEASUREMENTS TO TABLESPOONS.

3-4 (about 3-3 1/2 lbs) Lamb Shanks  
1 tsp. Rosemary, dried ground  
1 tsp. Thyme, dried  
Salt and Pepper  
2 Tbs. Olive Oil  
1 sm. Sweet Onion, chopped  
1 Celery Stalk, chopped  
2 Carrots, peeled and sliced (Shape and size is personal preference. Baby carrots from a bag work well too.)  
9 Garlic Cloves, whole (You can leave skins on, they will pop off when they are sautéed.)  
1 1/2 cups Red Wine such as Côtes-du-Rhône, Cabernet Sauvignon or Chianti  
2 1/2 cups Chicken Broth  
3 Tbs. Tomato Paste  
1 can (28 oz.) Chopped Tomatoes (Recommend San Marzano type.)  
1 tsp. Thyme, dried  
1 Bay Leaf  
1 can (15 oz.) Cannellini Beans (White Kidney Beans)

### GREMOLATA:

1/2 cup Flat-Leaf Parsley, fresh minced  
Grated zest of 1 Lemon  
Grated zest of 1 Orange  
1 Garlic Clove, finely minced  
1/2 tsp. each, Salt and Pepper

- ☞ Preheat oven to 325°. Rub Rosemary, Thyme, Salt, and Pepper onto Lamb Shanks. Heat 2 Tbs. Olive Oil in a Dutch Oven or heavy stove-to-oven-safe pan<sup>1</sup>. Be careful not to over-heat as olive oil will burn at a lower temperature than regular vegetable oil. Sear the shanks until nicely browned. Transfer to a platter.
- ☞ If there is a lot of oil in the pan remove some, leaving about 3-4 Tbs. Sauté Onion, Celery, Carrots, and Garlic until nicely glazed, about 3-5 minutes.
- ☞ Return Lamb Shanks to pan and add Red Wine and Chicken Broth. Bring to a full boil and add Tomato Paste, stirring it into the liquid until it dissolves. Add Tomatoes, Thyme, and Bay Leaf
- ☞ Cover and place into a heated 325° oven and bake for 2 hours. Add Cannellini Beans and add more liquid if needed. Continue brazing for 1/2 to 1 more hour (total time 2 1/2 to 3 hours)
- ☞ To make Gremolata: Combine Parsley, Lemon and Orange zest, Garlic, Salt, and Pepper in a bowl. Sprinkle Gremolata onto Lamb Shanks when served (amount is personal preference).

NOTE ABOUT GREMOLATA: LEFTOVER GREMOLATA IS GREAT RUBBED ONTO CHICKEN (WHOLE ROASTER, SPLIT BREASTS, OR LEG PIECES). SIMPLY RUB ONTO RAW CHICKEN, SPRINKLE WITH SALT AND PEPPER AND BAKE. ANOTHER USE IS TO SAUTE SHRIMP IN OLIVE OIL UNTIL JUST DONE. TOSS COOKED SHRIMP, COOKED PASTA (ANY SHAPE, ORZO IS GREAT TOO), RED ONION, RED BELL PEPPER, AND GREMOLATA IN A BOWL.

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<sup>1</sup> I'VE MADE THIS RECIPE IN A LARGER VOLUME AND SEARED THE SHANKS IN A PAN BUT ROASTED IN A LARGE ROASTING PAN COVERED WITH FOIL. JUST BE AWARE THAT THE LIQUID MAY EVAPORATE QUICKER SO YOU MAY NEED TO ADD MORE BROTH OR WATER DURING THE BRAISING TIME.