

Braised lamb shanks



Ingredients - serves 2

1-2 lamb shanks per serve
(depending on size)

Flour, for dusting

Olive oil

1 x leek

2 x Roma tomatoes

1 x medium carrot

4 x garlic cloves

2 x anchovy fillets

½ x lemon

200ml red wine

500ml chicken stock

2 sprigs thyme, fresh

2 x bay leaves, fresh

10 x peppercorns

Butter and chopped parsley to serve

Method

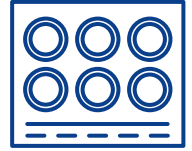
Pre-heat oven to 180°C

Cut around the top of the knuckle, dust lightly with flour and seal in a hot deep sided pan in a small amount of olive oil, season with salt and pepper, remove from pan and set aside. Now chop the leek and carrot into 0.5cm cubes, halve the tomatoes, crush the garlic with the back of a knife and zest the lemon.

In the same pan, saute the anchovy fillets on low heat and cook to a paste, now add the carrot, leek and garlic and saute until soft but not coloured (5 minutes). Add the shanks, tomatoes, lemon zest, herbs, red wine, and chicken stock.

Bring to simmer and cover with a lid, place in the oven and cook until the lamb is soft and falling off the bone (2-3 hours). Remove the pan from the oven, place on the heat on the stove top, remove tomato skins and reduce the liquid until sauce consistency. Just before serving add a couple of knobs of firm butter and stir to give the sauce a creamy smooth feel in the mouth. Top with chopped parsley to serve.

What are the benefits of induction cooktops?



Energy efficient

When using an induction cooktop, the stove itself does not get hot because no heat is conducted between the cooktop and the cookware – the electro-magnetism heats the cookware directly. With no transfer of heat, there is no wasted energy.



Safe

As only the pot or pan is heated, the rest of the cooktop stays cool which makes it a safer choice around children and pets. An induction cooktop also only heats when a pan is placed on it.



Easy to clean

One of the most appealing aspects of an induction cooktop is how easy it is to clean. A simple wipe is all you need and as the flat, glass surface doesn't get hot, spills don't get 'baked on', so there's no scrubbing required!



Fast

They say a watched pot never boils, but an induction cooktop boils water in half the time of a gas stove, due to the rapid response electro-magnetic cycle. Faster cooking time means less energy consumed, making an induction cooktop more cost-effective to run.



Precise

An induction cooktop is very precise, responding instantly to a simple touch. Thanks to the even heat distribution you can easily and accurately control the temperature, moving from a high boil to a low simmer in seconds.