



Braised Lamb Shanks with Roasted Garlic Mash

Serves 4

4 Lamb Shanks
2 tablespoons olive oil
1 brown onion (cut in to eight parts)
Zest of 1 Lemon
1 cup white wine
1 cup vegetable stock
1 tablespoon corn flour
Fresh thyme, rosemary or parsley
1 head of garlic

For the mash you'll need:

1.5 kg potatoes
2 tablespoons butter
½ cup of cream or milk

Start by setting your oven to 180 degrees. Then in a heavy based, oven-proof casserole dish, heat 2 tablespoons of olive oil. Add the shanks to the pot along with the onions. Brown the shanks on all sides.

Add the white wine, followed by the stock, lemon zest and a couple of sprigs of fresh rosemary or thyme.

Ensure the lid is on properly and place in preheated oven for approximately one hour.

Using a sharp knife, cut off the top of the garlic, leaving the skin on. Place it on a tray and cover with one tablespoon of olive oil. Put the tray in the oven for half an hour.

When ready, take it out and keep aside.

Peel and boil the potatoes in salted water until soft. Strain the water and place the potatoes back in the pot to dry. Add the garlic to the pot, being careful to remove the skin first. In a separate saucepan or microwave, heat the cream and butter until melted then add to potatoes and mash. Season well.

You will know when the meat is ready as it should easily pull away from the bone. At this point, stir together corn flour with ¼ cup of water and add to shanks. Place back in oven for a further few minutes.

Remove from oven and season well with salt and pepper. Serve together with the mash and freshly chopped herbs.

Enjoy over a glass of smooth Deakin Estate Shiraz!