



## Luscious Lamb Shanks

Serves 4

### Ingredients

- 4-5 lamb shanks
- 1 tsp salt
- $\frac{1}{3}$  tsp fresh ground pepper
- 1 cup sun dried tomatoes, diced\* (I always keep these as a kitchen staple in my fridge. Mine are in oil so I drain them and use these)
- 2 Tbsp tomato paste (a good reason to have a tube of this in my fridge)
- 1 Tbsp pesto (I keep this frozen in my freezer in 1 Tbsp quantities for cooking, but jarred pesto is fine too)
- 3 large cloves garlic, minced
- 1 tsp each fine sea salt , ground pepper and sugar (remember the sugar combats acidity from the tomatoes)
- Grated zest of 1 large lemon
- 3 cups chicken broth-homemade or canned is fine too
- 1 cup dry vermouth or white wine (again, I always keep vermouth in the fridge since I do not drink white wine)
- 2 cans white butter beans, drained or 3 cups home-cooked white beans (any variety except garbanzo)

### Instructions:

Preheat oven to 425 degrees and put oven rack close to the bottom. Line a roasting pan with parchment paper (for easier clean up). Dry the shanks very thoroughly with a towel, then rub the shanks all over with the salt and pepper. Place in the roasting pan in the oven uncovered for about 40 minutes until shanks are a little browned. Remove and pour off fat at the bottom of the roasting pan (mine had about  $\frac{1}{2}$  cup of liquid I poured off). Turn oven down to 325 degrees.

Sprinkle diced sundried tomatoes around the shanks - tucking them in so they are evenly distributed. Then mix together all the rest of the ingredients, then pour everything else over the shanks. Cover the roaster and keep cooking for three hours, basting every 45 minutes or so until they are fall-off-the-bone-tender. I often take the lid off the roasting pan 15 minutes before it is done so that the lamb browns a little more and the juices concentrate.

Serve in a large bowl on top of a heap of mashed sweet potatoes and steamed or roasted vegetables around the lamb for color. In a pinch I have even used frozen veggies (a mix of corn, carrot and peas).

If making this ahead - and I often make the lamb the day prior to serving - the lamb fat can be removed then the lamb and liquid can be reheated in the roasting pan at 350 degrees for about 40 minutes.

FYI, cooked lamb shanks freeze quite well in a little of the juice for up to 3 months.