

Braised Lamb Shanks



Ingredients

- 2 tbsp fresh rosemary, finely chopped
- 1 tsp each salt and freshly ground black pepper
- 1 tsp ground cumin
- 1 tsp ground turmeric
- 1 tbsp plain flour
- 4 lamb shanks
- 2 carrots, finely sliced
- 1 onion, finely chopped
- 2 sticks celery, finely diced
- 3 cloves garlic, crushed
- 4 anchovy fillets, finely chopped
- 400g tin crushed tomatoes
- 2 tbsp tomato paste
- 2 cups red wine
- 1 cup beef stock

Directions

Step 1 – In a Ziplock bag, combine the rosemary, salt, pepper, cumin, turmeric and plain flour. Add the lamb shanks to the bag and shake to coat the shanks evenly in the mixture.

Step 2 – Prepare the BBQ for indirect cooking over medium heat (180 – 200°C). Ensure the grills are clean. If you are using a charcoal grill, keep at least half of the charcoal grate clear of briquettes or



charcoal as a zone of indirect heat. If you are using a gas BBQ, light a burner on one side of the BBQ only. If you are using a Weber Q, set up the BBQ for indirect cooking with a trivet and convection tray. Step 3 – Preheat a BBQ safe casserole dish (with lid) or Dutch oven in the BBQ. When the dish is hot, add 2 tbsp olive oil, then fry off the lamb shanks, turning regularly, until browned all over, then remove from the dish and set aside.

Step 4 – Add another 2 tbsp of olive oil to the dish, then add the carrots, onion and celery and fry, stirring regularly, until everything begins to soften. Add the garlic and anchovy, stir to combine and cook for a further 5 minutes.

Step 5 – Add the remaining ingredients, stir to combine, then place the shanks back into the mixture, covering with the sauce. Reduce the heat of the BBQ to low – medium heat (150 – 170°C). Place the lid on the dish, close the lid of the BBQ and cook the shanks, away from direct heat, for 3 hours. After 3 hours, remove the lid and cook for a further 1 hour. The meat should be tender and just falling off the bone. Serve immediately.

