

RECIPE

BRAISED ROSEMARY-BALSAMIC LAMB SHANKS

1.2013

INGREDIENTS

- 8 lamb shanks
- 2 cups flour
- 1/8 cup olive oil
- 8 cups carrots large diced
- 16 cups onions large diced
- 8 cups celery large diced
- 1/4 cup garlic minced
- 1 cup balsamic vinegar
- 2 cups dry red wine
- 2 cups tomatoes diced (with juices)
- 4 quarts beef broth
- 5 tsps. fresh rosemary (chopped)
- 2 tsps. chopped fresh thyme
- 2 tsps. orange peel zest
- Kosher Salt & cracked black pepper to taste (about 2 tsps. salt and 3 tsps. pepper)



IN A GROEN 15 GALLON BRAISING PAN

1

Coat lamb with salt and pepper. In large bowl, coat shanks evenly with flour and in a pre-heated Groen braising pan, brown shanks on all sides at 350 degrees.

2

Once browned, move shanks to edges of pan and add onions, carrots, celery salt and pepper and sauté.

3

When veggies are tender add garlic, stir; now add the rest of ingredients and gently mix ingredients, reduce to 200 degrees, close lid and let cook for 3 hours or until meat just starts to fall off the bone!!

