



GEORGE
CHIALA'S
RECIPE
OF
THE MONTH
COLLECTION

JAN 2013
Recipe 43

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Mediterranean-Style Lamb Shanks

PREPARATION

- 1 - Preheat oven to 350°F. Sprinkle lamb with salt and pepper. Heat 2 tablespoons oil in large ovenproof pot over high heat. Add lamb; brown on all sides, about 10 minutes total.
- 2 - Transfer lamb to plate. Add 1 tablespoon oil to pot. Add onion, carrots, celery, and garlic. Sauté until vegetables brown and begin to soften, scraping up browned bits, about 10 minutes.
- 3 - Return lamb to pot, pushing gently into vegetables. Add tomatoes, broth, rosemary sprigs, thyme sprigs, pepper corns and cinnamon stick. Bring to boil over high heat.
- 4 - Cover pot; transfer to oven. Roast until meat is tender and pulls easily from bone, turning occasionally, about 2.5 hrs.
- 5 - Remove lamb and herbs from pot; discard herbs and cinnamon stick. Place pot over medium-high heat and boil until sauce is slightly thickened, about 5 minutes.
- 6 - Serve lamb shanks over rice or polenta, and drizzle sauce on top.



New Year's Mediterranean-Style Lamb Shanks

Cooks Note: It takes patience to cook these succulent lamb shanks, but I think you'll agree they're worth the wait! They pair wonderfully with Mediterranean rice or polenta. Happy New Year!

Bon Appetit!
-George

(photo by Marc-Henri)

INGREDIENTS

- 6 medium lamb shanks
- 3 tablespoons GC Farms' extra virgin olive oil
- 1 large onion, cut into 1/2-inch pieces
- 3 large carrots, cut into 1/2-inch pieces
- 4 celery stalks, cut into 1/2-inch pieces
- 6 large garlic cloves, chopped
- 1 28-ounce can diced tomatoes in juice
- 2 1/4 cups low-salt chicken broth
- 3 large fresh rosemary sprigs
- 3 large fresh thyme sprigs plus 2 teaspoons minced thyme
- 1 tablespoon whole black peppercorns
- 1 cinnamon stick

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