

## Braised Lamb Shank

Featured recipe for December 2019 in the Delicious Downtown St. Catharines calendar

The Office Tap & Grill

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4 servings

- 4 lamb shanks
- salt & pepper
- 1 small diced onion
- 2 cloves minced garlic
- 28oz can diced tomatoes
- 500 ml local dark beer
- 2 cups beef stock
- 5 tsp. chopped rosemary
- 2 tsp. chopped thyme

Season lamb shanks with salt and pepper. Brown lamb shanks in a heavy large pot or Dutch oven over medium high heat. Transfer lamb to a plate.

Add onion and garlic and sauté until golden brown.

Stir in tomatoes, beer and beef stock. Add rosemary and thyme and return lamb to pot. Submerge the shanks in the liquid. (Add more beer or stock if required.) Reduce heat to low and cover. Simmer for 2 to 2.5 hours. Remove lamb and place in preheated oven (350 degrees) or cover with foil to keep warm. Boil juices in the pot for 15 minutes until thickened.

Serve in a pasta bowl with your favourite vegetables and mashed potatoes, spoon juices over lamb shanks and enjoy with a Niagara red wine.