



Braised Lamb With Vegetables

Makes 4 Servings

INGREDIENTS

4 Lamb Shanks or 1 boneless lamb roast, tied

4 tbsp olive oil

Salt And Pepper, To Taste

1 Onion, Chopped

1 Baby Carrots

1 cup Fennel, Sliced

1 cup Celery, Chopped

2 tbsp Tomato Paste

2 cups Red Wine

2 cups Beef Stock

2 cloves Garlic

1/2 cup Chili Sauce

1 Bay Leaf

1. Preheat oven to 325F.
2. Heat oil in a large Dutch oven over medium-high heat. Season lamb with salt and pepper. Cook until golden on both sides, 3 to 4 minutes per side. Transfer to a plate.
3. Add onion, carrots, fennel and celery to pot and cook until light gold, about 5 minutes. Stir in tomato paste and cook 2 minutes. Add wine, stock, garlic and chili sauce, and de-glaze the pan.
4. Add lamb and bay leaf to pot and return to a simmer. Cover, transfer to oven, and cook until lamb is fork- tender about 3 hours.