

## *The Marv's Meats Recipe Collection #31*

### **Braised Lamb Shanks w/Garlic & Herbs**

4 – lamb shanks  
6 – garlic cloves  
2 tsp. – Kosher salt  
½ tsp. – ground black pepper  
2 TBS – flour  
2 TBS olive oil  
1 ½ cups – yellow onion, sliced thin  
2 TBS – fresh rosemary, chopped  
3 TBS – fresh mint, chopped  
1 TBS – fresh thyme  
1 TBS – fresh parsley, chopped  
1 cup – white wine  
3 cups – veal or beef stock

- 1 – Pre-heat oven to 325°.
- 2 – Cut one of the garlic cloves in half & rub the lamb shanks with the halves. Cut the remaining garlic cloves into thin slices & set aside. Season shanks with 1 tsp. salt & ¼ tsp. pepper & dredge in flour.
- 3 – Heat olive oil over medium heat in a Dutch oven or large ovenproof skillet. Add the lamb shanks & brown on all sides. Remove shanks from pan & set aside.
- 4 – In the same pan add onions & garlic & cook 3-5 minutes, until softened. Add rosemary, mint, thyme & parsley & cook an additional 3-4 minutes.
- 5 – Deglaze pan with wine, scraping any browned bits from the bottom of the pan. Raise the heat to high & reduce by half. Add stock & remaining salt & pepper & bring to a simmer. Replace the shanks into the pan, cover & bake 2 hours, until fork tender.
- 6 – Uncover the pan, raise the heat to 500° & brown the shanks for 20 minutes, basting with pan gravy every 5 minutes.
- 7 – Remove the shanks from pan, cover & keep warm. Strain the pan gravy through a sieve into a bowl, skim off any excess fat, return to the pan & reduce over high heat by half.
- 8 – Plate the shanks & spoon pan gravy over them, serving any excess on the side.
- 9 – Bon appetite!



**MARV'S**  
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