

Braised Lamb Shanks In Yogurt Sauce

3 tablespoons canola oil	1	carrot, thinly sliced
3 tablespoons olive oil	1	rib celery, thinly sliced
4 domestic lamb shanks (about 1½ pounds each)	1	cup red wine
Kosher salt and freshly ground black pepper	2	tablespoons coriander, toasted
¼ cup flour	½	teaspoon cumin, toasted
2 cloves garlic, peeled	1	cinnamon stick
1 red onion, thinly sliced	4	cups chicken broth
	¾	cup Greek yogurt.

1. Preheat the oven to 375 degrees. Place a large Dutch oven over medium heat and add the oils. Season the shanks liberally with salt and pepper and dredge in flour, shaking off excess. Brown shanks in the oil, in batches if needed, for about 3 minutes per side. Transfer to a plate.
2. Add the garlic, onion, carrot and celery to the pot and cook until caramelized, about 2 minutes. Deglaze with red wine, scraping the tasty bits off the bottom, and reduce by half. Add the spices and broth and bring to a simmer. Return the shanks to the pot, cover and cook in the oven for 3 to 4 hours or until the lamb easily pulls off the bone.
3. Transfer shanks to a plate; keep warm. Strain the sauce, discard the solids and return the sauce to the pot. There should be about 1½ cups sauce. If there is less, add some water; if there is more, boil until reduced. Off the heat, whisk the yogurt into the sauce. Season to taste with salt and pepper. Return shanks to pot until heated through.

Serves 4. Adapted from Michael Symon, the chef and co-owner of Lolita in Cleveland.