

BRAISED LAMB SHANKS WITH BARLEY

INGREDIENTS:

- ☐ 4 lamb shanks
- ☐ 3 tablespoons vegetable shortening
- ☐ 6 cups beef stock
- ☐ ½ cup pearl barley
- ☐ 1 bay leaf
- ☐ 1 teaspoon dried rosemary
- ☐ Salt and pepper
- ☐ 1 turnip, peeled, chopped
- ☐ 1 onion, peeled, chopped
- ☐ 1 large carrot, peeled, chopped
- ☐ 1 rib celery, peeled, chopped

INSTRUCTIONS: Trim the large pieces of fat from the lamb shanks; don't try to remove every bit, just the large pieces. Heat the shortening in a heavy pot, add shanks and brown on all sides. Pour out the browning fat (but leave the shanks in the pan) and add the stock, barley, bay leaf, rosemary, salt and pepper. Cover and simmer gently for 1 hour, stirring occasionally. Add the vegetables then cover and simmer 1 hour more, until the barley is done and the meat is very tender. If you wish, refrigerate the dish overnight; scrape any fat from the surface, then reheat before serving. Serves 4.