

Citrus-Braised Lamb Shanks

3 tablespoons olive oil	Juice and finely grated zest of
1 carrot, finely diced	1 lemon
1 onion, finely diced	Juice and finely grated zest of
2 celery ribs, finely diced	1 orange
3 sprigs thyme	4 12-ounce New Zealand lamb
2 bay leaves	shanks
2 garlic cloves, chopped	Salt and freshly ground black
1 tablespoon tomato paste	pepper
1½ cups white wine	Chopped parsley, for
1 cup chicken broth	garnishing.

1. Preheat oven to 250 degrees. Heat 1½ tablespoons olive oil in a large casserole. Add the carrot, onion and celery, and sweat over low heat, until tender. Add the thyme, bay leaves, garlic, tomato paste, wine, and broth, along with all but a few pinches of the zests and a tablespoon of each juice. Bring to a boil, then reduce to a gentle simmer.
2. Meanwhile, season the lamb with salt and pepper. Heat the remaining olive oil in a separate large sauté pan and brown the shanks on all sides. Add the shanks to the casserole and cover. Transfer to the oven and cook until the meat is completely tender, about 2½ hours.
3. Remove the shanks from the pan and keep warm. Skim the fat from the surface of the sauce. Reduce the sauce to the desired consistency. Stir in the reserved citrus juices and season to taste with salt and pepper. Serve the lamb shanks and sauce on warmed plates (with Israeli couscous or some good bread). Sprinkle with a little parsley and the remaining citrus zest. *Serves 4. All recipes adapted from "The River Cottage Meat Book," by Hugh Fearnley-Whittingstall.* ■