



SPOTLIGHT RECIPE

BRAISED LAMB SHANK WITH WILTED SPINACH SALAD AND GOAT CHEESE POLENTA

Braised lamb shanks are slowly cooked in a flavorful liquid until they become tender and fall off the bone. The taste is often described as earthy and mildly gamey, with the slow-cooking process allowing the meat to absorb the flavors of the braising liquid.

SERVES 6



For ingredients and cooking directions, please scan the QR code.

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INGREDIENTS

- 6 lamb shanks
- 1 tablespoon oil
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 cup onion, diced
- 1 cup carrots, diced
- 4 garlic cloves, minced
- 1/4 cup tomato paste
- 2 cups beef broth
- 2 cups red wine
- 2 sprigs thyme
- 2 sprigs rosemary
- 6 cups spinach
- 1/2 cup red onion, julienned
- 4 ounces feta cheese
- 1 tablespoon mint, chopped
- 2 tablespoons apple vinegar
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 3 cups water
- 1 cup cornmeal
- 2 tablespoons butter
- 3 tablespoons goat cheese
- 1/2 teaspoon sea salt

DIRECTIONS

Preheat the oven to 350 F.

Season the lamb shanks with the salt and pepper. In a large pan over medium-high heat, heat the oil. Add the lamb and cook until golden brown, about 4 minutes per side. Take the lamb out of the pan; set aside.

In same pot over medium heat, add the onion and carrots and cook for about 6 minutes. Add the garlic and cook, then add the tomato paste and cook about 2 minutes. Pour in the beef broth and wine, thyme and rosemary.

Return the lamb to the pan. Cover and put into the oven and cook for about 2 1/2 hours. Take the lamb out of the pot and set it aside. Return the pot to the stove and reduce the sauce. Discard the thyme and rosemary. Serve the sauce over the lamb.

In a bowl combine the spinach, onion, cheese, mint, vinegar, salt and pepper. Toss well.

In a medium pot, bring 2 cups of water to a high simmer, then slowly whisk in the polenta (Add 1 more cup of water and simmer for 15 minutes, stirring frequently. The cornmeal should be creamy. Turn off the heat.

Whisk in the butter, goat cheese and sea salt. Let stand for 5 minutes before serving.

