



# Red Wine & Chocolate Braised Lamb Shanks

Serves 4 ppl

## Ingredients

Lamb shanks x4 (4-500g each)  
Red onion x 1 small  
Celery x 1 stalk  
Butter 40g  
Carrot x 1 large  
Garlic x 6 cloves  
Red chili x 2  
Anise x 1  
Red wine x 300ml  
Beef stock x 500ml  
Olive oil x 4 tbsp  
Dark chocolate x 20g  
Salt & Pepper

## Sweet Potato Mash

Sweet potatoes x 800g  
Butter x 40g

## Fried Kale

Kale x 1 bunch – removed from stalk  
Olive oil x 2 tbsp

## Directions

### Lamb

1. Dice the onion, garlic, carrot, chili & celery into small even-sized pieces
2. Season the lamb and sear in a hot oven-proof pan with olive oil – 8 minutes
3. Remove the lamb from pan and cook the diced vegetables until soft – 2/3 minutes
4. Add anise, stock & red wine. Bring to a simmer, add lamb and cover
5. Cook in the oven @ 150c for approx. 90 minutes or until lamb is falling off the bone
6. Remove from the oven – discard the anise and remove the lamb, cover and keep warm
7. Add the chocolate and reduce the sauce by ½ (approx. 15-20 minutes) and blend until smooth
8. Add lamb back in and simmer for a couple of minutes, coating lamb with the sauce

### Sweet Potatoes

1. Peel the sweet potatoes and cut into 2cm pieces
2. Boil in salted water until soft (approx. 12-15 minutes)
3. Remove from water, allow the steam to evaporate for a minute.
4. Add butter and mash – I like to keep mine slightly chunky to add texture to the dish

### Kale

1. Fry kale for 2-3 minutes with olive oil and seasoning in a hot pan

### Tips/Tricks

- The lamb shanks can be made in advance – in fact most slow-cooked dishes taste better reheated as it gives a chance for the spices to blend together as it cools
- Lamb shanks can be frozen – I recommend removing meat from the bone to make it easier for you. That is unless you want to keep the bone for presentation purposes
- Not a chocolate fan? You can omit the chocolate or reduce the quantity no problem but I like the extra flavour the chocolate & chili bring to the dish
- Searing the lamb at the start is very important. It helps release some of the fat but the more colour you get on the them the more flavour it adds. Just don't burn them .