

STICKY LAMB SHANKS

6 lamb shanks cut into halves or thirds (ask your butcher to do this)

1 tblsp oil

½ tblsp butter

1 large brown onion, finely chopped

2 sticks celery, sliced

1 carrot, sliced

1 parsnip, sliced

2 cloves garlic, chopped

1 tblsp flour

1 cup port or white wine

(port will give you a richer sauce)

400g tin chopped tomatoes

4 chopped anchovy fillets

1 sprig rosemary



deliciously sticky



Heat oven to 200. Heat a heavy based roasting pan and add oil and butter. Brown shanks in batches over medium heat until lightly browned. Return all shanks to pan and roast in oven for about 15 minutes to brown all over. Remove from oven and reduce heat to 160. Transfer shanks to a plate and tip out all but 1 tblsp of fat from the pan. Add onions to pan and fry until soft. Add celery, carrot, parsnip and garlic and cook a further 2-3 minutes. Sprinkle over flour and stir for 1 minute. Add port/wine, tomatoes and anchovies and bring to the boil, season to taste. Put in rosemary sprig, cover and cook in oven for 1 ½ -2 hours until meat is falling off bone. Lovely with mashed potatoes and sprinkled with chopped flat leaf parsley

This can be cooked ahead of time and reheated. If you refrigerate it, remove any solidified fat with a spoon.

Serves 6

Recipe from Jen Clarke, Minjah, Hawkesdale, Victoria