 

SLOW COOKED LAMB SHANKS WITH CREAMY MASH & SESAME BEANS served with THE CRATER RIM OMIHI RISE PINOT NOIR

SERVES: 4

INGREDIENTS

A little oil

4 lamb shanks

2 onions

2 sticks celery

1 garlic bulb

1tsp dried rosemary

400g can crushed tomatoes

1 cup chicken stock

1 Tbsp balsamic vinegar

Salt & Pepper

4 cups mashed potato

¼ cup sour cream

250g fresh green beans

1Tbsp olive oil

1tsp sesame seeds

COOKING DIRECTIONS

* Heat a little oil in a large pan and brown all sides of the lamb shanks.
* Cut onions into quarters and slice celery. Take the garlic bulb and separate and peel each clove.
* Take onions, celery, garlic cloves, rosemary, tomatoes, stock, vinegar and salt & pepper and place them all in a large crockpot.
* Add shanks to other ingredients and turn on to low heat. Cook for at least 6 hours or until shanks are tender.
* Just before serving, remove shanks from crockpot. With a large spoon carefully remove the fat layer from the top of the tomato mixture. Then use a hand-blender to turn remaining ingredients into a thick sauce.
* Prepare 4 cups mashed potato, add sour cream and salt & pepper and combine well.
* Top and tail green beans, steam cook until tender and then finish off in a pan with olive oil, sesame seeds and salt & pepper.
* On each plate make a pile of mashed potato, lay one shank on each pile and add beans. Finish by adding a spoonful of the sauce from the crockpot.
* Enjoy with you’re the Crater Rim Omihi Rise Pinot Noir