



Slowed Cooked Lamb Shanks in a Red Wine Sauce

Use our succulent organic lamb shanks to create the perfect comfort meal for those inevitable rainy days

Serves: 4

Prepare: 10 Minutes

Cook: 9 Hours

Difficulty: easy

Ingredients

- 2 tbsp vegetable oil
- 4 [organic lamb shanks](#)
- 1 onion, finely sliced
- 250ml red wine
- 2tbsp tomato purée
- 100g plain flour, seasoned with salt and pepper, for the shanks (2tbsp of plain flour for the sauce)
- 2 carrots, chopped
- 2 cloves of garlic, peeled
- 500ml stock, [vegetable](#), [chicken](#) or [lamb](#)
- 2 bay leaves
- 2 thyme sprigs
- mashed potatoes, to serve

Method

1. Firstly, turn on your slow cooker if not already preheated
2. Dredge the lamb shanks in the seasoned flour and fry in a frying pan for 4-5 minutes, with half of the oil, making sure you are turning them regularly until they are browned all over. Then place them in the slow cooker once they are done
3. Add the remaining oil to the frying pan and fry the onions gently until they start to turn translucent. Then stir in the tomato purée and flour
4. You will then need to bring the red wine to boil, in the same pan, stirring in the flour and tomato purée until you have a smooth sauce. Then pour into the slow cooker
5. Then add the carrots, garlic, stock, bay leaves, and thyme to the slow cooker and cook for eight hours on a low heat or five hours on a high heat. Make sure to turn the shanks over at some point during cooking
6. After eight hours the lamb should be tender and starting to fall off the bone. If your sauce is too thin when you are coming to serving then lift out the lamb and carrots and pour the sauce into a pan and boil it rapidly until it starts to thicken