

Stewed Lamb Shank

Ingredients

Lamb shank
Onion
Carrot
Celery
Lemon
Bay leaf

Seasoning

Rosemary
Oregano
Tomato paste
Olive oil
Red wine
Chicken stock
Salt & pepper
Cornflour



紅燉羊仔膝
Stewed Lamb Shank

The Steps

Rub lamb shank with salt, pepper. Coat with cornflour.

Pan-fry lamb shank till golden-brown. Put aside.

Cut onion, carrot, celery into cubes.

Heat pan with olive oil & bay leaf. Stir-fry chopped onion, carrot & celery.

Add in rosemary, oregano, tomato paste, olive oil, red wine, chicken stock & lemon juice. Continue stir-frying.

Transfer lamb shank & the stir-fried ingredients to a claypot. Fill pot with water till about half of the thickness of the lamb shank.

Season with salt & pepper. Braise for 1 to 2 hours.

Done!



我家傳食譜

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Cooking Tips:

1. Make a few shallow cuts on the lamb shank to allow stretching when pan-frying.
2. Flour can be added when stir-frying to enhance the starchy texture.