



BRAISED LAMB SHANKS WITH MASHED POTATOES & PEAS



Magazine
Fev. | Mar. 10

Photos: Melanie Maps
Chef: Jonnie Pratt

SERVES: 4

INGREDIENTS

4 Lamb shanks • 200ml Red wine • 100g Carrots • 100g Onions • 2 Cloves garlic • 1 Bay leaf • Water (to cover) • 1 Knorr Beef Stockpot (or 1 beef stock cube) • Salt & pepper to taste • 600g Potatoes (Temperana – white potatoes) • 90ml Joia do sul olive oil

METHOD

Place the lamb shanks in a hot pan and brown in olive oil • Remove and place in a deep pot • Add the wine, bay leaves and stock • Peel and roughly cut all the vegetables and put in with the lamb • Cover with the water • Bring to a boil for 2 minutes and add a cup of cold water to lift up the scum • Remove the scum and turn down the heat to a very slow simmer for 3-4 hours • Leave the lamb to cool • Remove the lamb from the jellied stock and heat up the stock • Peel and cook the potatoes in boiling salted water until soft • Drain the liquid • Mash with the rest of the olive oil, salt & pepper • Keep warm • Strain out the vegetables from the stock & keep • Boil down the liquid • Add the vegetables and the sauce is ready to serve • Place the lamb shanks on a roasting tray & place in a hot oven at 200°C 400°F for 20 mins • Serve the mashed potato on the centre of the plate with the lamb shank standing up in it and the vegetables and sauce drizzled around

ALMANCIL: Av. 5 de Outubro 271 • Almancil • Tel.: 289 351 440
GALÉ: Sítio Vale do Rabelho • Guia • Albufeira • Tel.: 289 583 950
WWW.APOLONIA.COM

Apolónia
SUPERMERCADOS

