

Braised Lamb Shanks with Roasted Cauliflower, Lemon and Thyme

By Patrick Callagy of Radio-Coteau

Yield: 4 Servings

Ingredients:

4 Lamb shanks
Salt and pepper to taste
¼ cup EVOO (extra virgin olive oil)
2 onions, peeled and diced
2 carrots peeled and diced
2 celery stalks diced
7 garlic cloves, chopped
1 bottle dry red wine (not a Radio-Coteau)
1 28oz can of whole peeled tomatoes
1 bay leaf
1 head cauliflower, cleaned, leaves removed
4-5 thyme sprigs, stems removed
1 Lemon, cut into wedges

Directions:

Preheat oven- 400 degrees

Sprinkle shanks with salt and pepper. Heat oil in heavy large pot over medium to high heat. Working in batches, cook shanks until brown on all sides, about 15 minutes. Transfer shanks to plate.

Add onions, carrots, celery and garlic to pot and sauté until golden brown, about 10 minutes. Stir in wine and tomatoes. Season with salt, pepper and bay leaf. Return shanks to pot, pressing down to submerge. Bring to a boil, and then reduce heat to medium-low. Cover, and simmer until meat is tender, about 2 hours.

Place cauliflower and lemon on a sheet pan, drizzle liberally with EVOO and season with salt and pepper to taste; or your favorite seasoning (curry powder or a smoked paprika). Place in oven for 20-30 minutes or until browned and tender. Remove from oven and sprinkle with thyme leaves. Slice and serve.