

Leave-in-the-oven Lamb Shanks



what you need

- 4 John Penny Lamb shanks
- olive oil
- 2 large onions chopped
- 1 celery stick chopped
- 4 garlic cloves crushed
- 450g carrots, cut into large chunks
- A handful of fresh rosemary leaves
- 400ml vegetable stock
- 800g tinned chopped tomatoes
- 2 star anise
- Freshly ground black pepper
- 2 tbsp runny honey

Cooking time: 3 hrs 45 mins

Serves: 4

how to cook

- 1 Preheat the oven to Gas 4, 180°C, fan 160°C, 350°F.
- 2 Heat a splash of olive oil in a large casserole dish over a medium heat and brown the lamb shanks. Remove and put to one side.
- 3 Fry the onions and celery in the casserole dish before adding the garlic, carrots and rosemary. Fry for around 5 minutes.
- 4 Add the stock, tinned tomatoes, star anise and seasoning. Bring to the boil and put the lamb shanks back in with the bones sticking out of the liquid.
- 5 Trickle the honey over the exposed meat and bone, cover and put in the oven for 3 hours.
- 6 Serve immediately.