

*Braised lamb shanks with rosemary and mint creamed potato, butterhead cabbage and wild garlic*



**INGREDIENTS**

*Serves 4*

4x lamb shanks  
2 shallots roughly chopped  
1 carrot roughly chopped  
2 sticks celery roughly chopped  
Handful black peppercorns  
Thyme/bay leaf/ rosemary/sage/mint  
1 bottle red wine  
2L lamb stock or stock cubes  
1 large tbsp. tomato purée  
6 tbsp. seasoned flour  
1 hispi/butterhead cabbage  
400g creamed potato  
Handful wild garlic  
150g butter  
50ml oil

**METHOD**

- Start by marinating the lamb with wine, shallot, carrot, celery, peppercorns and a mix of all herbs. Leave in fridge for 48 hours.
- Drain lamb and keep the remaining wine and vegetables. Coat lamb with seasoned flour in a hot pan, I use a Le Creuset casserole dish as I will cook it all in there later. Seal with vegetable oil. Get a good dark colour on the lamb as this will ensure a

better colour for sauce later on. Remove lamb from pan and add the vegetables and herbs from marinade, again let these gain some colour before adding wine from the marinade. Reduce down by 3/4 and add tomato purée.

- Cook out for 2 mins before adding the lamb and lamb stock. Bring to boil and cook in oven at 150/160C for 3-4 hours. When ready, a knife will pass through to the bone without resistance but will still hold its shape on bone. Gently lift lamb out onto plate and cling film to stop it drying out. Pass sauce through fine sieve and reduce down to thicken until it is good sauce consistency. When done check for seasoning and whisk in 40g butter. If you like more mint, redcurrant jelly or mustard, this can be added to taste, sit lamb back in sauce to stay hot.
- Warm creamed potato before adding plenty of chopped rosemary and mint.
- Shred cabbage and sweat down in 75g butter until soft before seasoning.
- Gently warm wild garlic in remaining butter with good twist of black pepper
- To plate, scoop a generous portion of creamed potatoes into centre of the plate before placing cabbage next to it. Sit lamb on cabbage resting on potato. Dress with sauce and few wild garlic leaves and garnish with rosemary.

## **WINE PAIRING**

The Club's Head of Beverage, Adriana Valentini, recommends following wine to accompany this dish:

*Frescobaldi, CastelGiocondo, Brunello Di Montalcino Docg, Tuscany, Italy – 2011.*