

Fresh Canadian Lamb



Lamb shanks braised in beer and honey

Serves four

Preparation time: 30 minutes

Cooking time: 2 hours

Cost: \$\$

Ingredients

3 tbsp	Olive oil	45 ml
4	Lamb shanks	4
	Salt and pepper (to taste)	
20	Pearled onions,* peeled	20
2	Garlic cloves, crushed	2
1 tbsp	Honey	15 ml
1	Bottle pale ale (beer) (5 oz / 341 ml)	1
2½ cups	Water or chicken broth	625 ml
1	Sprig fresh thyme	1
1	Bay leaf	1
¼ cup	Cream (35 %)	50 ml

*small marinade onions

Method

Preheat oven to 325 °F (165 °C). In a deep frying pan, heat the olive oil at high. Salt and pepper the shanks, then brown them on all sides. Transfer to a broiler with all the ingredients except the cream, and cover with water or chicken broth. Bring to a boil, cover the broiler immediately with aluminium foil, and place it in oven for 2 hours, or until the meat pulls away easily from the bone. Strain the cooking broth and reduce it in a pan until it reaches the desired consistency. Then add the cream.

Serve with mashed potatoes and green vegetables. Use the shank meat in strips and the cooking broth to make a sauce to accompany your choice of pasta.

You can also replace the pale ale with stout or porter. (However, if you do so, do not add either the honey or the cream.)

\$ = \$5–\$10

\$\$\$ = \$20–\$25

\$\$ = \$10–\$20

\$\$\$\$ = \$25 and up

Per serving:

Calories: 573; Fat: 27.8 g; Protein: 57.8 g; Cholesterol: 180 mg;

Sodium: 1130 mg; Carbohydrate: 11.6 g; Fibre: 1.7 g