

# Braised Lamb Shanks

serves 4

<b>2 packages</b>	Ovation Lamb Hindshanks	<b>2 ea</b>	onions, chopped
<b>2 tbsp</b>	kosher salt plus more for seasoning	<b>2 tbsp</b>	all-purpose flour
<b>2 tsp</b>	Freshly ground black pepper	<b>2 tsp</b>	paprika
<b>2 tsp</b>	fresh rosemary, minced	<b>½ tsp</b>	crushed red pepper flakes
<b>1 tsp</b>	fennel seeds, toasted	<b>1 ea</b>	12oz can diced tomatoes
<b>7 ea</b>	garlic cloves, minced	<b>½ cup</b>	white wine
<b>3 tbsp</b>	olive oil	<b>4 cups</b>	chicken stock

**1** Season lamb all over with 2 Tbsp. salt and generously with pepper. Mix rosemary, fennel seeds, and grated garlic in a small bowl; massage into lamb. Cover and let stand at room temperature for 1 hour or, preferably, chill overnight.

**2** Preheat oven to 350°. Heat oil in a large wide heavy pot over medium-high heat. Sear lamb shanks until caramelized on all sides. Remove onto a plate.

**3** Reduce heat to medium and add onions, season with salt and pepper, and cook, stirring occasionally, until golden, 8–10 minutes.

**4** Add minced garlic, flour, paprika, and red pepper flakes. Stir vigorously to distribute flour. Cook, stirring often, until mixture becomes dry, about 1 minute. Add tomatoes and wine. Simmer briskly, stirring often, until juices thicken and tomatoes begin to break down, about 10 minutes.

**5** Gradually stir in 4 cups broth. Simmer until flavors meld, 3–4 minutes. Season to taste with salt and pepper. Add lamb shanks and all juices from plate to pot in a single layer, pushing them down into sauce (add additional broth if needed so that shanks are about  $\frac{3}{4}$  submerged).

**6** Roast, uncovered, until tops of shanks have browned further, about 30 minutes. Using tongs, turn shanks over and roast for 30 minutes longer.

**7** Cover and cook, turning shanks occasionally, until meat is fork-tender and almost falling off the bone, about 90 minutes. Remove from oven and skim off fat from surface of sauce. Let shanks rest in liquid for at least 30 minutes.

**8** Strain sauce through a strainer into another pot and place over medium heat. Reduce by about a quarter, 20 minutes.

**9** Serve shanks with polenta and reduced sauce.

