



Braised Lamb Shanks



Gluten Free



Dairy Free



Very Healthy

READY IN



350 min.

SERVINGS



4

CALORIES



529 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 bay leaves
- ☐ 3 carrots peeled cut into 1/2-inch dice
- ☐ 3 rib celery cut into 1/2-inch dice
- ☐ 4 cloves garlic
- ☐ 1 small garlic clove minced
- ☐ 2 tablespoons horseradish freshly grated
- ☐ 4 servings kosher salt
- ☐ 4 lamb shanks

- ☐ 1 lemon zest
- ☐ 4 servings olive oil extra-virgin
- ☐ 1 large onion yellow spanish cut into 1-inch dice
- ☐ 1 orange zest
- ☐ 0.3 cup parsley leaves finely chopped
- ☐ 2 cups red wine hearty
- ☐ 2 tablespoons rosemary leaves finely chopped
- ☐ 10 thyme branches tied together in a bundle
- ☐ 12 ounce tomato paste canned
- ☐ 3 cups water

Equipment

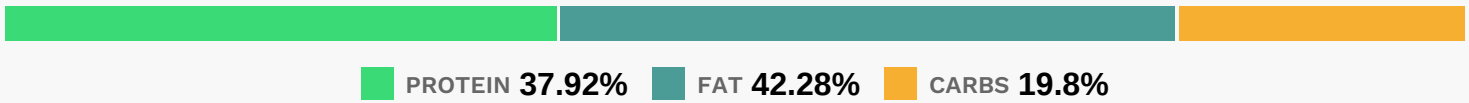
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 400 degrees F.
- ☐ Coat a large Dutch oven generously with olive oil and bring to a high heat. Season the shanks generously with salt and add them to the pan. Brown well on all sides. This is an incredibly important step; do not rush it.
- ☐ Meanwhile, puree the onions, carrots, celery and garlic in a food processor until it becomes a coarse paste.
- ☐ Remove and set aside.
- ☐ Remove the shanks from the pan to a sheet tray. Discard the excess fat from the pan.

- ☐ Add a little more oil to coat the bottom of the pan and add the pureed veggies. Season with salt, to taste.
- ☐ Saute the veggies until they are very brown and aromatic, about 20 minutes. The brown veggies should form a sort of crust on the bottom of the pan, do not let this burn; it is where a lot of the flavor is! Don't rush this step either, since this is where you will develop the brown color and flavor.
- ☐ Add the tomato paste and brown for 5 minutes. Stir in the wine, chopped rosemary and thyme bundle. Stir frequently and cook until the wine has reduced by about half.
- ☐ Add the shanks back to the pot and pour in 3 to 4 cups of water. The shanks should be submersed, if they are not, add more water.
- ☐ Add the bay leaves to the pan, cover and put in the preheated oven. The cooking time will be about 2 1/2 to 3 hours. Turn the shanks over about halfway through the cooking time. Check the shanks every 45 minutes or so. If the liquid has reduced too much add more water. Defat as you go.
- ☐ Remove the lid during the last 30 minutes of cooking time for maximum browning. When the shanks are done the meat should be incredibly tender and flavorful.
- ☐ Transfer to serving plates and garnish with Gremolata.
- ☐ Serve with Hard Polenta Cakes, if desired,
- ☐ Call yourself a superstar!!!
- ☐ In a small bowl, combine all ingredients and set aside until ready to use.

Nutrition Facts



Properties

Glycemic Index:100.21, Glycemic Load:5.3, Inflammation Score:-10, Nutrition Score:38.020869545315%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Petunidin: 2.38mg, Petunidin: 2.38mg, Petunidin: 2.38mg, Petunidin: 2.38mg Delphinidin: 2.41mg, Delphinidin: 2.41mg, Delphinidin: 2.41mg, Delphinidin: 2.41mg Malvidin: 16.61mg, Malvidin: 16.61mg, Malvidin: 16.61mg, Malvidin: 16.61mg Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg Catechin: 8.57mg, Catechin: 8.57mg, Catechin: 8.57mg, Catechin: 8.57mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 4.55mg, Epicatechin: 4.55mg, Epicatechin: 4.55mg, Epicatechin: 4.55mg Epicatechin 3-gallate:

0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 2.12mg, Naringenin: 2.12mg, Naringenin: 2.12mg, Naringenin: 2.12mg Apigenin: 8.34mg, Apigenin: 8.34mg, Apigenin: 8.34mg, Apigenin: 8.34mg Luteolin: 1.3mg, Luteolin: 1.3mg, Luteolin: 1.3mg, Luteolin: 1.3mg Isorhamnetin: 1.9mg, Isorhamnetin: 1.9mg, Isorhamnetin: 1.9mg, Isorhamnetin: 1.9mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg Quercetin: 9.04mg, Quercetin: 9.04mg, Quercetin: 9.04mg, Quercetin: 9.04mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 528.54kcal (26.43%), Fat: 20.77g (31.95%), Saturated Fat: 4.28g (26.74%), Carbohydrates: 21.88g (7.29%), Net Carbohydrates: 16.61g (6.04%), Sugar: 8.99g (9.98%), Cholesterol: 127.31mg (42.44%), Sodium: 534.59mg (23.24%), Alcohol: 12.72g (100%), Alcohol %: 2.34% (100%), Protein: 41.92g (83.83%), Vitamin A: 8318.34IU (166.37%), Zinc: 11.81mg (78.71%), Vitamin K: 81.49µg (77.61%), Vitamin B12: 4.52µg (75.34%), Selenium: 46.1µg (65.86%), Vitamin B3: 11.8mg (58.98%), Phosphorus: 441.41mg (44.14%), Vitamin C: 32.02mg (38.82%), Iron: 6.39mg (35.52%), Vitamin B6: 0.71mg (35.47%), Potassium: 1130.46mg (32.3%), Manganese: 0.62mg (31.07%), Vitamin B2: 0.52mg (30.44%), Vitamin E: 3.88mg (25.84%), Magnesium: 100.68mg (25.17%), Copper: 0.48mg (23.95%), Vitamin B1: 0.32mg (21.6%), Folate: 84.49µg (21.12%), Fiber: 5.28g (21.1%), Vitamin B5: 1.83mg (18.29%), Calcium: 131.49mg (13.15%)