



Braised Lamb Shanks with Spring Vegetables and Spring Gremolata

READY IN



45 min.

SERVINGS



6

CALORIES



501 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings all purpose flour
- ☐ 8 ounces slender baby carrots trimmed peeled
- ☐ 2 bay leaves
- ☐ 2 tablespoons butter ()
- ☐ 2 cups carrots peeled finely chopped
- ☐ 1.3 cups celery finely chopped
- ☐ 3 ounces pea tendrils fresh
- ☐ 2 tablespoons mint leaves fresh chopped

- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 1 tablespoon garlic fresh green minced
- ☐ 3 garlic cloves minced
- ☐ 6 pound lamb shanks
- ☐ 1 tablespoon lemon zest packed finely grated ()
- ☐ 3 cups low-salt chicken broth
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 3 cups onions finely chopped (2 medium)
- ☐ 6 parsley sprigs fresh italian
- ☐ 1.5 cups sauvignon blanc white wine dry white
- ☐ 8 ounces sugar snap peas
- ☐ 1 tablespoon tomato paste generous ()

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ slotted spoon
- ☐ tongs
- ☐ immersion blender

Directions

- ☐ Sprinkle lamb shanks generously with salt and pepper; dust with flour.
- ☐ Heat oil in heavy large deep pot over medium-high heat. Working in 2 batches, if necessary, add lamb to pot and cook until browned on all sides, turning often, about 10 minutes per batch.
- ☐ Transfer lamb to large bowl.
- ☐ Add onions, carrots, and celery to same pot; sauté until vegetables begin to soften, about 10 minutes.

- ☐ Add garlic and tomato paste; stir 1 minute. Stir in broth, wine, parsley, thyme, and bay leaves. Return lamb to pot; bring to boil (liquid may not cover lamb completely). Reduce heat to medium-low; cover and simmer until lamb is very tender and begins to fall off bones, turning occasionally, about 3 hours.
- ☐ Using tongs, transfer lamb to platter. Discard bay leaves and parsley sprigs. Spoon off fat from surface of pan juices; discard. Using immersion blender, puree pan juices until almost smooth. Season with salt and pepper. Return lamb shanks to pan juices. DO AHEAD: Can be made 1 day ahead. Cool slightly. Chill uncovered until cold, then cover and keep chilled.
- ☐ Mix all ingredients in small bowl. DO AHEAD: Can be made 2 hours ahead. Cover and chill.
- ☐ Bring large pot of salted water to boil.
- ☐ Add potatoes; cook until tender, about 18 minutes. Using slotted spoon, transfer potatoes to medium bowl.
- ☐ Add carrots to same pot; cook until tender, about 5 minutes. Using slotted spoon, transfer carrots to bowl with potatoes.
- ☐ Add sugar snap peas to same pot; cook 1 minute.
- ☐ Drain.
- ☐ Add to bowl with potatoes and carrots. DO AHEAD: Can be made 2 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Bring lamb and pan juices to simmer over medium heat until heated through.
- ☐ Meanwhile, melt butter in large nonstick skillet over medium-high heat.
- ☐ Add all vegetables; sauté about 5 minutes. Season with salt and pepper.
- ☐ Transfer lamb and pan juices to large platter or bowl. Surround with vegetables; scatter pea tendrils over vegetables.
- ☐ Sprinkle lamb with gremolata and serve.
- ☐ Green garlic has a more delicate flavor than mature garlic. The tops of green garlic look like green onions; the root ends are white and light purple. Look for green garlic at farmers' markets during the spring months.
- ☐ With the braised lamb, pour an earthy Côtes du Rhône. We like the black-cherry flavors of the C&Écile
- ☐ Chassagne 2006 Séguret (\$14).

Nutrition Facts



 **PROTEIN 40.88%**  **FAT 31.2%**  **CARBS 27.92%**

Properties

Glycemic Index:75.64, Glycemic Load:8.63, Inflammation Score:-10, Nutrition Score:38.678695844567%

Flavonoids

Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Apigenin: 2.91mg, Apigenin: 2.91mg, Apigenin: 2.91mg, Apigenin: 2.91mg Luteolin: 1.57mg, Luteolin: 1.57mg, Luteolin: 1.57mg, Luteolin: 1.57mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 16.46mg, Quercetin: 16.46mg, Quercetin: 16.46mg, Quercetin: 16.46mg

Nutrients (% of daily need)

Calories: 500.7kcal (25.04%), Fat: 15.86g (24.41%), Saturated Fat: 5.58g (34.89%), Carbohydrates: 31.96g (10.65%), Net Carbohydrates: 25.09g (9.12%), Sugar: 10.06g (11.17%), Cholesterol: 138.35mg (46.12%), Sodium: 316.51mg (13.76%), Alcohol: 6.2g (100%), Alcohol %: 1.26% (100%), Protein: 46.77g (93.54%), Vitamin A: 13275.51IU (265.51%), Zinc: 11.98mg (79.87%), Vitamin B12: 4.68µg (78.04%), Selenium: 49.26µg (70.37%), Vitamin B3: 13.21mg (66.07%), Phosphorus: 499.28mg (49.93%), Vitamin C: 41.18mg (49.91%), Vitamin K: 45.27µg (43.12%), Folate: 146.29µg (36.57%), Iron: 6.47mg (35.96%), Vitamin B2: 0.58mg (34.15%), Vitamin B6: 0.67mg (33.53%), Potassium: 1133.47mg (32.38%), Manganese: 0.62mg (30.89%), Vitamin B1: 0.42mg (28.16%), Fiber: 6.87g (27.48%), Copper: 0.48mg (23.81%), Magnesium: 92.8mg (23.2%), Vitamin B5: 2.16mg (21.61%), Vitamin E: 1.9mg (12.66%), Calcium: 118.98mg (11.9%)