



Lamb Shank Ragù with Anson Mills Grits

READY IN



240 min.

SERVINGS



6

CALORIES



515 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bourbon
- ☐ 0.5 cup celery chopped
- ☐ 0.5 tablespoon apple cider vinegar
- ☐ 0.3 cup fennel bulb chopped
- ☐ 2 large garlic clove chopped
- ☐ 1 teaspoon honey
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 pounds lamb shanks
- ☐ 1.5 cups chicken broth reduced-sodium

- ☐ 0.5 pound manchego cheese raw (preferably sheep's milk)
- ☐ 0.8 cup milk whole
- ☐ 0.3 cup olive oil divided
- ☐ 0.5 cup oyster mushrooms fresh white chopped
- ☐ 0.5 cup plum tomatoes chopped
- ☐ 0.5 cup quick-cooking grits (preferably Anson Mills)
- ☐ 0.5 cup radicchio thinly chopped
- ☐ 1 cup onion red chopped
- ☐ 0.5 teaspoon pepper red hot
- ☐ 1 spring onion chopped
- ☐ 1 teaspoon sea salt fine
- ☐ 1 tablespoon cream sour
- ☐ 1 teaspoon soya sauce
- ☐ 2 tablespoons sun-dried olives finely chopped
- ☐ 1 teaspoon thyme leaves
- ☐ 1.5 cups water
- ☐ 1 teaspoon worcestershire sauce

Equipment

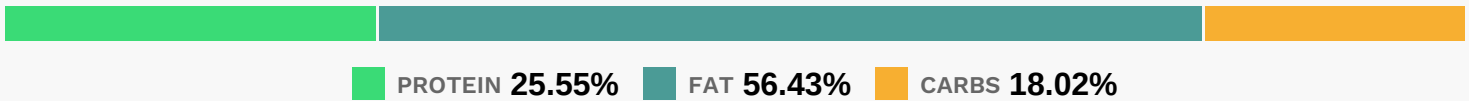
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Pat lamb shanks dry and season with kosher salt (rounded 1/2 teaspoon) and 1/4 teaspoon pepper.
- ☐ Heat 2 tablespoons oil in a 5-quart heavy pot over medium-high heat until it shimmers. Brown shanks on all sides, 6 to 7 minutes, then transfer to paper towels to drain.

- ☐ Add remaining 2 tablespoons oil to pot, then cook onion, garlic, plum tomatoes, sun-dried tomatoes, celery, mushrooms, and fennel with thyme, red pepper flakes, and 1/2 teaspoon pepper, stirring occasionally, until softened, 4 to 5 minutes.
- ☐ Return lamb shanks to pot with stock, bourbon, vinegar, Worcestershire sauce, soy sauce, and honey and bring to a boil. Reduce heat to low and simmer, covered, stirring occasionally, until meat is very tender, 3 to 3 1/2 hours.
- ☐ Remove meat from bones, discarding bones, and skim fat from cooking liquid, then return meat to pot. Simmer ragù, uncovered, stirring frequently, 15 minutes.
- ☐ Just before serving, stir in radicchio and scallion.
- ☐ Bring stock, water, and milk to a boil in a 2-quart heavy saucepan.
- ☐ Add grits in a stream, whisking, then cook over low heat, uncovered, stirring frequently, until grits are tender and thickened to the consistency of loose oatmeal, about 20 minutes.
- ☐ Toward end of cooking, finely grate one fourth of cheese (1 cup) and add to grits along with sour cream, sea salt, and pepper to taste. Stir until cheese has melted. If grits are too thick, stir in some additional milk.
- ☐ Serve ragù over grits and top with shavings of cheese.
- ☐ Ragù, without radicchio and scallion, can be made 3 days ahead and chilled. Reheat, then add radicchio and scallion.

Nutrition Facts



Properties

Glycemic Index:73.21, Glycemic Load:2.27, Inflammation Score:-7, Nutrition Score:16.10565232194%

Flavonoids

Cyanidin: 4.23mg, Cyanidin: 4.23mg, Cyanidin: 4.23mg, Cyanidin: 4.23mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.85mg, Quercetin: 6.85mg, Quercetin: 6.85mg, Quercetin: 6.85mg

Nutrients (% of daily need)

Calories: 515.07kcal (25.75%), Fat: 26.64g (40.98%), Saturated Fat: 12.37g (77.34%), Carbohydrates: 19.14g (6.38%), Net Carbohydrates: 17.02g (6.19%), Sugar: 5.51g (6.13%), Cholesterol: 88.06mg (29.35%), Sodium: 980.18mg (42.62%), Alcohol: 13.36g (100%), Alcohol %: 4.32% (100%), Protein: 27.14g (54.28%), Calcium: 477.15mg (47.72%), Vitamin B12: 1.75µg (29.11%), Zinc: 4.26mg (28.43%), Vitamin B3: 5.54mg (27.68%), Vitamin K: 25.51µg (24.29%), Selenium: 16.24µg (23.21%), Phosphorus: 225.36mg (22.54%), Vitamin B2: 0.29mg (17.03%), Potassium: 511.26mg (14.61%), Vitamin B1: 0.2mg (13.22%), Iron: 2.38mg (13.2%), Folate: 52.43µg (13.11%), Vitamin B6: 0.26mg (12.8%), Vitamin E: 1.77mg (11.83%), Vitamin A: 582.16IU (11.64%), Copper: 0.22mg (11.11%), Manganese: 0.21mg (10.28%), Magnesium: 39.98mg (9.99%), Vitamin C: 7.67mg (9.29%), Fiber: 2.12g (8.47%), Vitamin B5: 0.83mg (8.3%), Vitamin D: 0.39µg (2.57%)