



Oven Roasted Lamb Shanks with Roasted Tomatoes and Toasted Orzo

READY IN



450 min.

SERVINGS



4

CALORIES



1215 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 carrots coarsely chopped
- ☐ 2 stalks celery coarsely chopped
- ☐ 3 cups chicken stock see
- ☐ 8 sprigs flatleaf parsley plus freshly parsley leaves fresh chopped for garnish
- ☐ 0.3 cup parsley leaves fresh finely chopped
- ☐ 4 sprigs thyme leaves fresh
- ☐ 1 head garlic split
- ☐ 1 Cloves roasted garlic

- ☐ 1 cup reduced lamb braising liquid (from above)
- ☐ 4 lamb shanks bone-in
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons olive oil
- ☐ 3 tablespoons olive oil
- ☐ 1 large onion coarsely chopped
- ☐ 1 small onion finely chopped
- ☐ 0.8 pound orzo pasta
- ☐ 4 plum tomatoes sliced in 1/2 vertically
- ☐ 1 cup port
- ☐ 1 cup red wine
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 4 servings salt and pepper freshly ground
- ☐ 2 tablespoons butter unsalted cold

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ aluminum foil
- ☐ stove
- ☐ dutch oven

Directions

- ☐ Preheat oven to 350 degrees F.

- ☐ Place garlic heads in a small roasting dish and drizzle each half with olive oil and season with salt and pepper. Cover with foil and roast for 45 minutes to 1 hour or until soft.
- ☐ Let cool slightly and squeeze the cloves of garlic into a small bowl.
- ☐ Preheat oven to 350 degrees F.
- ☐ Heat the oil in a large Dutch oven until smoking. Season the shanks on both sides with salt and pepper and sear until golden brown on both sides, remove to a plate.
- ☐ Remove all but 2 tablespoons of the fat in the pan and add the celery, carrots and onions and cook until caramelized.
- ☐ Add the port and red wine and cook until almost completely reduced.
- ☐ Add the chicken stock, thyme, parsley sprigs and shanks and salt and pepper and bring to a boil on the stove, cover, transfer to the oven and bake for 1 1/2 to 2 hours or until the meat is tender.
- ☐ Remove shanks to a plate and loosely tent with foil to keep warm. Strain the cooking liquid into a medium saucepan and discard the solids
- ☐ Whisk in the roasted garlic and cook over high heat, whisking occasionally, until reduced by half, 12 to 15 minutes.
- ☐ Remove 1 cup of the liquid to use for the orzo and continue reducing the remaining liquid by half again or until thickened to a glaze.
- ☐ Serve the lamb on top of the orzo and drizzle the shanks with the reduced cooking liquid, oven roasted tomatoes and chopped parsley.
- ☐ Heat a medium nonstick pan over medium-high heat.
- ☐ Add 1/2 of the orzo and toast until golden brown.
- ☐ In a medium saucepan, heat the oil and 2 tablespoons butter over medium heat, add the onion and cook until soft.
- ☐ Add the toasted orzo and the remaining orzo and saute for 1 minute to coat the pasta with the oil/onion mixture. Bring 8 cups of water or chicken stock to a boil in a medium pot (or a combination of chicken stock and water) and add hot water/stock to the orzo as if you were making risotto, 1 cup at a time, stirring constantly until the liquid is absorbed and the pasta is al dente (you may not need to use all of the water). Stir in the cold butter and a 1 cup of the braising liquid, chopped parsley and salt and pepper to taste and cook 1 minute longer.
- ☐ Toss the tomatoes in olive oil, season with salt and pepper and roast in a 200 degree F oven for 6 hours.
- ☐ Make extra roasted heads to use for garnish on the plate, if desired .

Nutrition Facts

PROTEIN 24.37% FAT 41.37% CARBS 34.26%

Properties

Glycemic Index:107.21, Glycemic Load:29.42, Inflammation Score:-10, Nutrition Score:51.078261079996%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 5.17mg, Petunidin: 5.17mg, Petunidin: 5.17mg, Petunidin: 5.17mg Delphinidin: 3.55mg, Delphinidin: 3.55mg, Delphinidin: 3.55mg, Delphinidin: 3.55mg Malvidin: 65.2mg, Malvidin: 65.2mg, Malvidin: 65.2mg, Malvidin: 65.2mg Peonidin: 3.11mg, Peonidin: 3.11mg, Peonidin: 3.11mg, Peonidin: 3.11mg Catechin: 10.2mg, Catechin: 10.2mg, Catechin: 10.2mg, Catechin: 10.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 6.81mg, Epicatechin: 6.81mg, Epicatechin: 6.81mg, Epicatechin: 6.81mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 1.48mg, Naringenin: 1.48mg, Naringenin: 1.48mg, Naringenin: 1.48mg Apigenin: 13.09mg, Apigenin: 13.09mg, Apigenin: 13.09mg, Apigenin: 13.09mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Isorhamnetin: 2.77mg, Isorhamnetin: 2.77mg, Isorhamnetin: 2.77mg, Isorhamnetin: 2.77mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 1.34mg, Myricetin: 1.34mg, Myricetin: 1.34mg, Myricetin: 1.34mg Quercetin: 13.61mg, Quercetin: 13.61mg, Quercetin: 13.61mg, Quercetin: 13.61mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 1214.7kcal (60.73%), Fat: 50.43g (77.58%), Saturated Fat: 15.59g (97.44%), Carbohydrates: 93.95g (31.32%), Net Carbohydrates: 87.86g (31.95%), Sugar: 15.96g (17.74%), Cholesterol: 190.93mg (63.64%), Sodium: 692.93mg (30.13%), Alcohol: 15.54g (100%), Alcohol %: 2.35% (100%), Protein: 66.84g (133.67%), Selenium: 115.1µg (164.42%), Vitamin A: 6417.35IU (128.35%), Vitamin K: 125.55µg (119.57%), Zinc: 15.05mg (100.32%), Vitamin B12: 5.9µg (98.31%), Vitamin B3: 18.82mg (94.11%), Phosphorus: 730.81mg (73.08%), Manganese: 1.36mg (68.07%), Vitamin B2: 0.8mg (47.28%), Vitamin B6: 0.93mg (46.65%), Potassium: 1527.75mg (43.65%), Iron: 7.33mg (40.72%), Copper: 0.76mg (37.8%), Magnesium: 148.33mg (37.08%), Vitamin B1: 0.5mg (33.12%), Vitamin C: 27.01mg (32.74%), Vitamin E: 4.55mg (30.31%), Folate: 118.54µg (29.63%), Fiber: 6.09g (24.37%), Vitamin B5: 2.44mg (24.36%), Calcium: 124.31mg (12.43%), Vitamin D: 0.16µg (1.09%)