



Tom Valenti's Lamb Shanks



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



213 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 fillet anchovy
- ☐ 1 bay leaf
- ☐ 2 cups beef broth and chicken broth
- ☐ 8 peppercorns whole black
- ☐ 1 carrots roughly chopped
- ☐ 2 ribs celery roughly chopped
- ☐ 6 servings coarse salt and pepper to taste
- ☐ 5 sprigs thyme leaves fresh

- ☐ 6 lamb foreshanks
- ☐ 6 servings bean puree white for serving
- ☐ 3 tablespoons olive oil
- ☐ 1 onion roughly chopped
- ☐ 2 cups red wine
- ☐ 1 teaspoon sugar
- ☐ 0.3 cup tomato paste
- ☐ 1 cup white wine
- ☐ 0.3 cup white-wine vinegar
- ☐ 1 head garlic whole cut in half crosswise

Equipment

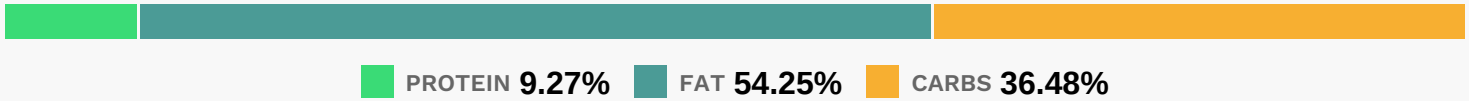
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ roasting pan
- ☐ aluminum foil
- ☐ tongs

Directions

- ☐ Preheat oven to 325°F. Season the lamb with salt and pepper.
- ☐ Heat 3 tablespoons oil in a pot over medium-high heat.
- ☐ Add the celery, carrot, and onion; cook until very soft, 8 to 10 minutes.
- ☐ Add the tomato paste and cook 1 to 2 minutes.
- ☐ Add the thyme, bay leaf, peppercorns, anchovies, and garlic; cook 3 minutes.
- ☐ Add the wines, vinegar, and sugar; raise the heat to high and bring to a boil. Lower the heat to medium and add the broths. Leave over medium heat while you brown the lamb shanks.

- ☐ Pour the remaining 1/4 cup of olive oil into a sauté pan. Over medium-high heat, brown the lamb shanks well on all sides, using tongs to flip them over.
- ☐ Transfer lamb shanks to a roasting pan and pour the braising liquid on top. Cover with aluminum foil and cook in the preheated oven for 1 hour.
- ☐ Remove the foil and cook 2 1/2 to 3 hours more, turning the shanks over every half hour until the meat is very soft.
- ☐ Remove the shanks from the braising liquid and strain the liquid. Skim any fat that rises to the surface, then use the liquid as a sauce.
- ☐ Serve in shallow bowls atop White Bean Puree.
- ☐ Per serving: 400 calories, 12g carbohydrates, 38g protein, 19g fat, 120mg cholesterol
- ☐ Nutritional Breakdown: New Wellness, Richmond, Va.
- ☐ New Wellness, Richmond, Va.

Nutrition Facts



Properties

Glycemic Index:62.15, Glycemic Load:3.16, Inflammation Score:-9, Nutrition Score:8.3408696033546%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Petunidin: 1.58mg, Petunidin: 1.58mg, Petunidin: 1.58mg, Petunidin: 1.58mg Delphinidin: 1.61mg, Delphinidin: 1.61mg, Delphinidin: 1.61mg, Delphinidin: 1.61mg Malvidin: 11.1mg, Malvidin: 11.1mg, Malvidin: 11.1mg, Malvidin: 11.1mg Peonidin: 1mg, Peonidin: 1mg, Peonidin: 1mg, Peonidin: 1mg Catechin: 6.02mg, Catechin: 6.02mg, Catechin: 6.02mg, Catechin: 6.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 3.25mg, Epicatechin: 3.25mg, Epicatechin: 3.25mg, Epicatechin: 3.25mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg Naringenin: 1.57mg, Naringenin: 1.57mg, Naringenin: 1.57mg, Naringenin: 1.57mg Apigenin: 0.51mg, Apigenin: 0.51mg, Apigenin: 0.51mg, Apigenin: 0.51mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 212.68kcal (10.63%), Fat: 7.69g (11.83%), Saturated Fat: 1.22g (7.64%), Carbohydrates: 11.63g (3.88%), Net Carbohydrates: 9.92g (3.61%), Sugar: 4.82g (5.36%), Cholesterol: 1.93mg (0.64%), Sodium: 634.81mg (27.6%), Alcohol: 12.6g (100%), Alcohol %: 5.55% (100%), Protein: 2.96g (5.91%), Vitamin A: 2025.23IU (40.5%), Manganese: 0.38mg (18.79%), Potassium: 457.09mg (13.06%), Vitamin E: 1.76mg (11.76%), Vitamin K: 12.01µg (11.44%), Vitamin B6: 0.22mg (10.85%), Vitamin C: 8.62mg (10.45%), Vitamin B3: 1.85mg (9.25%), Iron: 1.57mg (8.74%), Magnesium: 30.27mg (7.57%), Phosphorus: 74.7mg (7.47%), Fiber: 1.71g (6.83%), Vitamin B2: 0.11mg (6.2%), Copper: 0.11mg (5.38%), Calcium: 49.71mg (4.97%), Selenium: 3.29µg (4.69%), Folate: 15.81µg (3.95%), Zinc: 0.47mg (3.14%), Vitamin B1: 0.05mg (3.1%), Vitamin B5: 0.22mg (2.16%), Vitamin B12: 0.09µg (1.53%)