

Braised Lamb Shank

by Derick Kuntz, Chef de Cuisine | B Cellars Vineyards and Winery

Ingredients



- 2 lamb shanks, 12-16oz each
- 2 Tbsp spice Blend 9 (*see other side*)
- 1 white onion
- 2 large carrots
- 2 celery stalks
- 6 cloves garlic
- 1 star anise
- 1 bay leaf
- 1 Tbsp yellow mustard seed
- 2 Tbsp canola oil
- 1 Tbsp tomato paste
- 1/2 cup B Cellars Blend 25
- Water to cover 3/4 of the shanks

Pairing Insights



Winemaker Derek Taylor suggests serving the Blend 25 with Braised Lamb Shanks. The delicate flavors of the lamb will amplify the structure of the wine and the herbs and spices will coax out the nuanced flavors in this Cabernet Sauvignon and Syrah blend.

[B CELLARS
ENTRÉE]

Instructions



Rub lamb shanks with spice blend.

Heat oil on med-high in a heavy bottomed pan.

Sear lamb shanks and continue to cook on all sides until brown.

In a deep braising pan, place all other ingredients except water.

Set lamb shanks on top and cover 3/4 of the way with water.

Cover with foil and place in the oven for 3.5 hours or until fork tender.

Remove shanks, strain liquid from vegetables and reduce by half.

Use sauce for serving.

Blend 9

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| <i>2 tsp garlic powder</i> | <i>1.5 tsp kosher salt</i> |
| <i>2 tsp ground coriander seed</i> | <i>1 tsp ground cumin seed</i> |
| <i>2 tsp ground rosemary</i> | <i>1/2 tsp cinnamon</i> |
| <i>2 tsp ground dried thyme</i> | <i>1/4 tsp ground cayenne pepper</i> |
| <i>1.5 tsp ground black pepper</i> | |

Combine all ingredients in a bowl and mix well