



The Gathered Green

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SLOW COOKED LAMB SHANKS WITH CAULIFLOWER MASH

Thank you to ohmygoodness.com.au for their inspiration towards this recipe, and for the picture.

Serves 4 to 6

Ingredients

- 6 french trimmed lamb shanks
 - 2 medium carrots, roughly chopped
 - 2 red or white onions, quartered
 - 4 cloves garlic
 - 6 rosemary sprigs
 - 1 cup red wine
 - 2 cups bone broth/stock (homemade or additive free)
 - 1 tablespoon raw honey
 - Rock salt and black pepper to taste
- Cauliflower Mash*
- 1 head of cauliflower, cut into florets
 - 1 tablespoon butter
 - Rock salt and black pepper to taste
- 2 to 3 bunches of broccolini





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Method

Pre heat oven to 150 degrees Celsius.

Heat 1 tablespoon coconut oil in an oven proof casserole dish, on medium heat.

Brown onions, garlic and lamb shanks until golden.

Add carrot, rosemary, red wine, broth/stock, honey and salt and pepper to pot.

Ensure lamb is submerged in the liquid and top up with more broth/stock or water if necessary.

Cover dish and place in pre heated oven for 2 to 3 hours, or until meat is tender and falling off bone.

Check consistency of sauce. If too thin, remove lamb from dish and keep warm. Simmer sauce over medium heat until sauce has thickened to a gravy consistency.

Cauliflower Mash

Steam cauliflower until very tender.

Whizz cauliflower and butter in food processor or with a blender until smooth and creamy.

Add salt and pepper to taste.

Serve lamb shanks over cauliflower mash with lightly steamed broccolini.

Enjoy!

Jane

