



LAMB SHANKS WITH VEGETABLE AND FLAVOURED RICE

Meat will always be more succulent if the bone is left in. This is why I have decided to share this recipe with you using lamb shanks with the bone in them, but deboned shanks can also be used

5 sprigs of fresh rosemary leaves picked

10 sage leaves

10 sprigs of fresh thyme leaves picked

200g butter

salt and pepper to taste

4 lamb shanks (600g-700g each)

8 cloves of garlic peeled

4 large carrots peeled and cut into big chunks

1 onion peeled and sliced into big chunks

1 leek washed and cut into big chunks olive oil

500ml white wine

Preheat the oven to 180C. Make an herbed butter mixture using a food processor by mixing the butter, half of the fresh herbs and some salt and pepper. Make an insertion next to the bone from the base of the shank upwards. Divide the flavoured butter between the amounts of shanks you have. Fill this insertion (pocket) with the butter.

Divide the rest of the vegetables into the amount of shanks you have, placing the veg on a piece of tinfoil, big enough to cover the shank. Rub the meat with olive oil and season with salt and pepper. Sprinkle the rest of the herbs over the meat. Put one piece of meat on top of each pile of vegetables. Carefully pull up the sides of the foil around the shank and pour some wine into each. Repeat this with all the shanks. Place the shanks on a baking tray with the bones facing up. Put the tray in the preheated oven for 2 to 3 hours depending on the size of the shanks.

The shanks can be served individual portions with the foil so no sauce or flavours are lost, when serving.

Rice

When cooking rice you can make this more exciting by adding some flavourings to your rice, use a bay leaf or two or even add a cinnamon stick to the water before adding the rice, just remember to remove the bay leaf or cinnamon stick before serving the rice.

Fry some chopped, onions, mushrooms and sweet peppers in olive oil adding about 100g of butter and chopped parsley after frying. Add this mixture to your rice to give it a wonderful flavour.