



Braised Lamb Shanks with Creamy Polenta

SERVINGS: 4

PREPPING TIME: 20 MIN

COOKING TIME: 2 - 2.5 HRS

Ingredients

FOR THE POLENTA

- 1 cup polenta (we love Golden Pheasant)
- 4 cups water
- 1 teaspoon salt
- 2 tablespoons butter
- 2 cups whole milk
- 2 medium carrots, peeled and diced
- 1 stalk celery, diced
- 4 cloves garlic, peeled and finely minced
- 2 tablespoons tomato paste
- 1-2 tablespoons anchovy paste
- 1 cup dry red wine that's not too oaky

EQUIPMENT

- A 2-3 quart Dutch oven

FOR THE LAMB SHANKS

- 4 16-18 ounce lamb shanks
- Kosher salt and freshly ground black pepper
- 2 tablespoons vegetable oil
- 1 medium Walla Walla sweet onion, finely diced
- 1 8 ounce container veal or beef demi-glace
- Bouquet garni composed of 5 sprigs thyme, 3 sprigs parsley, 1 sprig rosemary, 1 bay leaf
- Fresh, finely chopped parsley for garnish



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Directions

- 1.Preheat oven: Set to 325°F (163°C).
- 2.Prepare lamb: Pat shanks dry and season generously with salt and pepper.
- 3.Sear shanks: Heat vegetable oil in the Dutch oven over medium-high heat. Sear lamb shanks in batches until golden brown; set aside.
- 4.Sauté vegetables: Add onions with a pinch of salt; cook 5–7 minutes until translucent and lightly browned. Add celery, carrots, and garlic; cook 3–5 minutes until fragrant.
- 5.Add flavorings: Stir in tomato paste, anchovy paste, wine, and demi-glace until vegetables are evenly coated. Nestle lamb shanks into the mixture and add bouquet garni.
- 6.Braise: Cover Dutch oven and place in oven. Cook 2–2½ hours until meat is fall-apart tender.
- 7.Cook polenta: During the last 30 minutes of braising, combine polenta, water, salt, and butter in a medium pot. Bring to a boil, then reduce to simmer, stirring frequently. Gradually add milk 1 cup at a time, stirring until polenta reaches a thick, mashed-potato-like consistency.
- 8.Serve: Spoon polenta onto plates, top with a lamb shank and some braising liquid. Garnish with parsley and serve immediately.