



Balsamic-Braised Lamb Shanks

Ingredients

- 1/4 cup all-purpose flour
- 1/2 tsp. kosher salt
- 1/4 tsp. black pepper
- 1 tsp. coriander, toasted and ground
- 1 tsp. cumin, toasted and ground
- 1/8 tsp. ground cinnamon
- 2 lamb shanks
- 2 tbsp. olive oil
- 4 cloves of garlic
- 1 large yellow onion, diced
- 3 carrots, peeled and cut into chunks
- 4 celery ribs, cut into chunks
- 2 sprigs rosemary, finely chopped
- 2 sprigs thyme, finely chopped
- Zest of 1/2 an orange
- 1/2 cup balsamic vinegar
- 1 cup white wine
- 4 cups chicken stock



Instructions

4. Whisk flour, salt, black pepper, coriander, cumin, and cinnamon together. Roll the lamb shanks in the flour mixture until they are coated. Heat a small Dutch oven (3 to 6 quarts) over medium high heat and sear the lamb shanks on all sides until a good crust forms -- this will take 8 to 10 minutes total.
5. Transfer lamb shanks to a plate and preheat your oven to 325° F. Scrape any crusty bits from the
6. lamb-searing off the bottom of the Dutch oven (don't discard, just scrape them up to loosen them and prevent them from burning). Place the Dutch oven over medium heat and add the garlic, onion, carrots, celery, rosemary, thyme, and orange zest.
7. Cook, stirring occasionally, until the onions are soft and translucent, 10 to 15 minutes. Stir in the vinegar and cook until it has evaporated slightly and thickened further, about 10 to 12 minutes.
8. Return the lamb shanks to the pot and pour the white wine and chicken stock over them. Season
9. the broth with salt to taste, cover the pot, and place it in the oven until the meat is very tender and falling off the bones, about 2 1/2 to 3 hours.
10. Remove the shanks from the pot, covering them with foil to keep them warm, and strain the liquid into a saucepan. Discard the solids. Cook the sauce over medium heat until it has reduced by half (it should yield about 1 1/2 cups). This should take 10 to 15 minutes.
11. Season with salt and pepper to taste and pour it over the lamb shanks.
12. Serve over polenta, rice or mashed potatoes!

