

Braised Niagara Lamb Shank \$18

Ingredients:

- 1 Lamb Shank - *ON*
- 1 Spanish Onion (Coarsely Chopped) – *Pelham, ON*
- 2 Stalks of Celery (Coarsely Chopped) – *Pelham, ON*
- 1 Carrot (Coarsely Chopped) – *Pelham, ON*
- 6 Garlic Cloves– *Pelham, ON*
- 1 L Red Wine – *French Cross (Peller Estates) Cabernet Merlot*
- Beef Stock (just enough to cover)
- 2 Sprigs of Mint – *Goodwood ON*
- 4 Bay Leaves (Dried) – *Kensington Market ON*

Procedure:

Sear the Lamb to brown all sides. In the same pan, sauté all the vegetables until golden brown. Place all the ingredients into a deep large oven proof dish. Place the lamb on top of the vegetables and then add the aromatics and the liquid. Bring up to the simmer on the stove top and then place in the oven at 275 degrees for 3-4 hours till tender.

(Accompaniments next page)

Accompaniments:

- ½ Celery root – *Pelham, ON*
- ½ lb Parsnips – *Pelham, ON*
- ¼ Turnip – *Pelham, ON*

- 1 Lb Butter – *Bright, ON*

Procedure:

Brown the butter by placing it in a pot over med heat, let it melt then foam and stirring constantly, once it browns then place into a metal container to cool.

Peel the vegetables and cut them into small pieces (keeping them separate), boil them in three different pots until they are soft. Strain them into a colander and let them steam dry for 5-6 minutes. Place them into a food processor and blend until smooth.

In a pot combine the brown butter with the puree, and season with salt and pepper and bring up to heat slowly.