

SLOW COOKED LAMB SHANKS

Slow cooked lamb shanks with
potato- and cauliflower mash

2 persons

2 lamb shanks
3 tbsp. flour
1 tsp. salt
2 tsp. black pepper
3 tbsp. Butter
1 red onion
2 garlic bulbs
4 carrots
3 tbsp. rosemary (or 3 rosemary sprigs)
1 tsp. salt
2 tsp. black pepper
1 tin choppe tomatoes
2 dl water

Set the oven to 170°C/338°F. Place the flour, salt and black pepper in a plastic bag. Put the lamb shanks in the bag and cover well with the flour mixture. Dust off most of the flour before browning the meat on all sides in the butter on a hot pan. Dice the red onion, cut the garlic bulbs in half, peel and dice the carrots and place in a cast iron pot or an oven proof dish with a lid. Add salt, black pepper, rosemary, chopped tomatoes and water to the vegetables and place the lamb shanks on top before closing. Cook for 3,5 hours and serve with potato- and cauliflower mash.

POTATO- AND CAULIFLOWER MASH

2 large potatoes
½ cauliflower
3 tbsp. cream cheese
salt and black pepper to taste

Peel, dice and boil the potatoes. Put the cauliflower in with saucepan with the potatoes about five minutes before they are cooked. Pour the water off and mash the potatoes and cauliflower with the cream cheese. Season with salt and black pepper.

