



Barolo Braised Lamb Shanks With Steamed Rapini And Gorgonzola Cheese

NIBBLEDISH CONTRIBUTOR

Ingredients

-2 Tbsps olive oil (30ml) -6 x lamb shanks -Salt and pepper to taste -1 1/2 cups Spanish onion, chopped (375ml) -4 x garlic cloves, whole -1 tbsp tomato paste (15ml) -2 cups Barolo red wine (500ml) -1 cup veal stock (250ml) -3 x whole sprigs of fresh rosemary -Zest of 2 large navel oranges -1 lb. fresh Rapini washed (454g) -2 oz fresh Italian Gorgonzola cheese sliced into 6 equal pieces (56g) -Salt and pepper to taste -1 lb. fresh Rapini washed (454g) -2 ounces fresh Italian Gorgonzola cheese sliced into 6 equal pieces (56g) -Salt and pepper to taste

Instructions

this is the original recipe from the food network which i have found to be a great experimental dish for substituting and adding interesting ingrediants. try this way first then creat your own ways to suit your taste 1.Preheat oven to 325 degrees F (160 degrees C). 2.Set a large oven proof roasting pan over medium high heat and add the olive oil. Allow the oil to preheat for 30 seconds 3.Season the lamb shanks with salt and pepper and place in the now hot roasting pan. Allow the lamb to cook for approximately 4 minutes without moving. The lamb should turn to a deep caramelized colour before turning. Turn the lamb and repeat the same process. Remove the lamb from the roasting pan and place on a plate. 4.Reduce the heat in the roasting pan to medium and add the onion and garlic. Cook stirring constantly until the onions have become slightly translucent. Add the tomato paste and stir using a wooden spoon. Add the wine and use the same wooden spoon to scrape up any caramelized bits off the bottom of the pan. Add the veal stock, rosemary stalks and orange zest. Bring the liquid to a simmer. 5.Return the lamb shanks to the pot and cover with foil or a well fitted lid. Place in the pre heated oven for 2-3 hours. Half way through cooking remove the foil/cover from the lamb. The lamb will be done when the meat is so tender it almost falls off the

bone. 6.Remove the roasting pan from oven and allow it to cool slightly, approximately 5 minutes. Carefully remove the lamb shanks from the braising liquid. Cover the lamb with foil and keep warm. 7.To plate the dish place the warm lamb on a large serving platter and drizzle liberally with sauce. Serve with steamed rapini with gorgonzola. 8.Steam rapini by using a vegetable steamer over high heat for 2 minutes or until the rapini turns a bright green color and the stalks are slightly softened. 9.Remove the rapini from the vegetable steamer. Sprinkle with salt and pepper. Plate and top with a slice of Gorgonzola cheese. 10.Serve immediately.