

Braised Lamb Shanks

Serves 6

- 6 lamb shanks
- 14 oz. frozen petite onions
- 15 oz. can chicken broth
- 1 c. + 2 Tbsp. dry sherry
- 2 Tbsp. soy sauce
- Ground black pepper
- ½ c. minced parsley
- 2 tsp. lemon zest
- Kosher salt
- 2 lbs. parsnips, peeled (cut if large)
- 3 carrots, peeled and cut into sticks
- 1 ½ Tbsp. olive oil

Preheat oven to 350 degrees. Put lamb shanks in large roaster, onions around them. Pour in chicken broth, 1 c. sherry, soy sauce; sprinkle with pepper. Cover tightly with foil; bake 1 ½ hours. Meanwhile mix parsley, lemon zest, salt and pepper to taste in a small bowl. Cover and chill. Add parsnips and carrots to lamb shanks; cover and bake 1 more hour. Increase oven to 400 degrees. Transfer shanks, parsnips and carrots to rimmed baking pan. Brush with olive oil. Bake until browned, 15-20 minutes. Meanwhile, skim fat from pan juices; measure to 2 ½ c. with onions (add more broth if needed). Bring to a boil; add 2 Tbsp. sherry. Serve shanks and vegetables with sauce; sprinkle with parsley mixture.

Accompany with Cooper-Garrod Test Pilot F-104 Starfighter

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