



SLOW COOKED LAMB SHANK WITH MASHED ROASTED SQUASH AND SALSA VERDE

FOR THE LAMB

2 tbsp olive oil, plus extra for roasting
1 white onion, finely chopped
1 celery stick, finely chopped
1 carrot, finely chopped
1 red chilli, deseeded and roughly chopped
2 garlic cloves, finely chopped
200ml red wine
300ml lamb or beef stock

METHOD

SLOW COOKED LAMB

1. Preheat oven to 200°C/390°F/gas 6.
2. Heat the olive oil in a large casserole dish over a medium heat. Add lamb shanks and brown all over then remove from dish.
3. Reduce heat to low. Add onion, celery, carrot, chilli and garlic. Sauté for about 10 minutes until onion has softened.
4. Add the red wine, lamb or beef stock and coriander, increase the heat and bring to the boil. Boil for 2 minutes to cook out the wine a little, then season with salt and pepper.
5. Add the star anise, then the lamb shanks to the dish, bring to boil then remove from heat and cover with lid or foil.
6. Put in preheated oven for 2-3 hours until the meat comes away from the bone easily. Check the shanks from time to time and add water when needed. Remove the shanks from the casserole dish and set aside to keep warm.
7. Discard the star anise, then simmer the sauce on the hob, uncovered, for about 5 minutes until well reduced. Stir in the chocolate.



PREP: 15m
COOK: 3h15m



SERVES 4



FREEZABLE

½ bunch of coriander, finely chopped

1 star anise
4 small lamb shanks
15g dark chocolate (at least 70% cocoa solids)
Salt and freshly ground black pepper

FOR THE MASHED SQUASH

2 large butternut squash, chopped
Olive oil
Butter

FOR THE SALSA VERDE

2 cloves garlic
2 handfuls of flat leaf parsley
1 bunch of basil
1 handful of mint
1 tbsp Dijon mustard
40g small capers
4 anchovy fillets
3 tbsp red wine vinegar
8 tbsp extra-virgin olive oil

8. When the chocolate has melted, remove the casserole dish from the heat and use a hand-held blender to blitz the sauce.

MASHED BUTTERNUT SQUASH

1. Place the chopped butternut squash in a bowl, add olive oil, salt and pepper.
2. Roast in oven for 30-40 minutes until soft, then add butter and mash to desired consistency.

SALSA VERDE

1. Peel the garlic and pick the herb leaves, then finely chop with the capers and anchovies.
2. Place in a bowl, add the mustard and vinegar then slowly stir in the oil until you achieve the right consistency.
3. Add salt and pepper to taste.



Prepared by
Lynsey Craggs
La Reunion