



Braised Lamb Shanks with Spicy BBQ Sauce

Ingredients

(serves 4)

- 4 x lamb shanks
- 1 x red onion, sliced
- 3 x cloves garlic, crushed
- 1 x cup red wine
- 1 x 800g tin diced tomatoes
- ⅓ x cup Spicy BBQ Sauce
- ½ x tbsp tomato paste
- 2 x cups (500ml) beef stock

Method

- Preheat oven to 180 degrees.
- Place all the ingredients into a heavy bottomed casserole dish, making sure that the liquid just covers the shanks. If not, simply add a bit more beef stock.
- Place baking paper over the casserole contents and then cover with the lid. Bring the liquid to the boil over medium heat on the stove top.
- Once it's boiling, place the casserole dish with the lid on, in the oven. Cook for 2 hours.
- Check that the shanks are lovely and tender. At this point, you can remove the shanks from the liquid and gently boil the sauce on the stove top (lid off) until the sauce is the consistency you like.
- Serve the shanks with mashed potato, polenta or rice and drizzle sauce over the top.