

O'Neill's Bar & Restaurant

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Lamb Shanks (for 4)

Ingredients: 4 lamb shanks

1 litre of beef stock

2 glasses of red wine

8 medium potatoes

12 baby carrots

8 shallots

8 small celery sticks

Pinch of cracked pepper

1 Bouquet of Rosemary and Thyme

1 Bouquet of Rosemary, thyme, bay leaf and mint.

Method:

Braise the shanks over a moderate heat in a frying pan.

Using a thongs seal all around for 15 minutes. Turn temperature up and add a pinch of black pepper, 1 glass of red wine, the bouquet of rosemary and thyme. After 2 minutes take off heat and place in a baking dish. Add bouquet of thyme, rosemary, mint and bay leaf and 1 litre of stock. Cover and cook on moderate heat for 1 $\frac{3}{4}$ hours. Remove the bouquet, add second glass of red wine and all other ingredients and cook for a further 30 minutes. Season to taste.