



Braised Lamb Shank Navarin

By Chef Jeff Ward, Jump Café & Bar

Serves 4

Ingredients:

4 lamb shanks (about 1 lb. each) -- when buying your lamb from a butcher, ask for the shank to be cut in half
2 field tomatoes
2 cloves garlic
2 tbsp. oil
1 tbsp. flour
salt
freshly ground pepper
3 cups stock (lamb or beef)
4 pearl onions
4 baby carrots
4 baby turnips
½ lbs. snow peas

Preparation:

1. Peel, seed and chop the tomatoes. Peel and crush the garlic cloves.
2. Heat the oil in a large saucepan, add the lamb and sauté over medium high heat until browned on all sides.
3. Add the garlic and let cook for a minute or two longer.
4. Pour off the fat that remains in the pan, sprinkle evenly with the flour and cook over high heat for a minute or two. Add the chopped tomatoes and season with salt and pepper.
5. Cover lamb with stock, bring to a simmer, then cover and let simmer one hour longer.
6. Peel the onions and carrots. Peel and quarter the turnips.
7. Add the onions, carrots and turnips to the lamb and let simmer 30 minutes longer.
8. Place snow peas in a saucepan of boiling salted water and let cook uncovered for 6 minutes.
9. Drain, rinse briefly under cold water and add to the lamb 3 minutes before being ready to serve.