



Shanks Braised with Stout Beer and Root Vegetables

Ingredients:

8 Ontario Fresh Premium Lamb shanks

salt & pepper
½ cup all-purpose flour
2 tbsp olive oil
4 garlic cloves
1 tsp each dried rosemary & thyme (or 1 tbsp (15 ml) chopped fresh)
2 bottles (341 ml each) Guinness or other stout-based beer
3 cups beef stock
¼ cup butter
3 tbsp packed brown sugar
3 onions, cut in wedges
3 carrots, cut in 1-inch pieces
3 parsnips, peeled and cut in 1-inch pieces
½ rutabaga, peeled and cut in 1-inch chunks
¼ cup chopped fresh parsley

Sprinkle shanks lightly with salt and pepper; coat all over with flour. In large ovenproof casserole or Dutch oven, heat half the oil over medium-high heat. In batches, brown shanks all over, adding more oil as needed and removing browned shanks to plate.

Stir in any remaining flour, the garlic, thyme and rosemary; cook over medium heat for 1 minute, stirring. Remove pan from heat and gradually stir in beer; return to heat and bring to boil, stirring and scraping up any brown bits from bottom of pan. Boil for 5 minutes, covered, or until syrupy, stirring often. Stir in 2 cups of the stock. Return shanks and any juices to pan. Bring to boil, cover tightly. Bake in 350°F oven for about 2-1/2 hours or until lamb is very tender, stirring occasionally.

Meanwhile, in deep skillet, melt butter and sugar over medium heat; stir in onions, carrots, parsnips and rutabaga until well coated. Sprinkle with salt and pepper. Add remaining stock and bring to boil. Bake, uncovered and stirring occasionally, in 350°F oven for about 1-1/4 hours or until vegetables are tender but not mushy. Stir in cooked shanks.

Stew can be cooled, covered and refrigerated for up to 2 days. Remove any fat from top, bring to room temperature for 30 minutes and reheat slowly on stovetop, stirring often; or place in 350°F oven, covered, for about 30 minutes or until bubbly. Sprinkle with parsley to serve.