

## Jaret D'Agneau Braise (Braised Lamb Shanks)

Yields 6 servings  
 Preparation time- 1 and 1/2 hours

Salt	3 cloves garlic, chopped
White pepper	1 onion, chopped
6 lamb shanks 12-14 ounce or	1 cup Chardonnay- white wine
2 pounds shoulder and neck meat, cubed	2 tomatoes, diced or 1 can tomatoes, diced
Dredging flour	1 bouquet garni
1/2 cup oil	2 1/2 - 3 cups chicken or beef stock
1 cup mushrooms, sliced (optional)	2 tablespoons parsley, chopped

1. Preheat oven to 350 degrees. 2. Salt and pepper meat. 3. Dredge shanks in flour and shake off excess. 4. Heat oil in a large frying pan and brown meat on both sides. 5. Transfer meat to a tray. 6. Add the garlic and onions to the pan. 7. Deglaze pan with the white wine. 8. Add the diced tomatoes, bouquet garni, and stock 9. Return the meat to the liquid and braise with a lid or cover for 1 1/2 to 2 hours until tender. 9. Remove meat and set aside. 10. Reduce some of the sauce until proper consistency. 11. Cover the meat with the sauce and garnish with chopped parsley.



## Lamb Curry

1 pound of lamb meat cubed into 1 inch pieces	Curry Mix:
Oil	2 teaspoons ground coriander
Salt and white pepper	1/2 tablespoon ground cumin
1 tablespoon curry mix	1/2 tablespoon tumeric
1 1/2 onion chopped fine	1/4 teaspoon chilli powder
1/2 carrot diced fine	1 teaspoon dry mustard
1/2 clove of garlic	1/4 teaspoon ground cloves
1/2 cup of cream or coconut milk	1/4 teaspoon ground cardom
Condiments of 1/2 green apple chopped, some raisins, 1/4 banana added at the last minute	

Cut lamb into 1 inch cubed pieces. Season meat with salt, pepper and the curry powder. In a large casserole heat some oil, and brown the meat, add more oil if necessary. Add onions, carrots, garlic and cover with stock or water. Bring to a boil and either place a lid on it and cook on the stove at a slow simmer or cook in the oven at 350 for about 1 1/2 hours until lamb is tender. You can add some cream or coconut milk to lighten the color at this point. Ten minutes before serving the lamb add the diced apple, some raisins and the banana. (The fruit will give the curry an interesting texture and flavor). You don't want to cook the fruit too long otherwise it will be mushy. You can sprinkle some chopped almonds on top of the curry.

