

## Braised Lamb Shanks

Serves 4

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4-lamb shanks	1-cup flour (dusting)
4-carrots (diced)	4-celery stocks (diced)
1-onion (diced)	¼ cup garlic chopped
1 tbsp rosemary chopped	2 cups port wine
6 cups chicken stock	¼ cup chopped mint

Season lamb shanks with salt and pepper  
Roll the seasoned lamb shanks in flour.  
Brown lamb shanks in deep pan with oil  
Once browned add all chopped vegetables  
Add all other liquid, cover and put in 350 oven for 1 ½ hours or until lamb is fork tender

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