Braised Lamb Shanks with Rosemary

Serves 4 | Prep 20 min | Cook 2h 30min

Ingredients

- *4 lamb shanks*
- *2 tbsp olive oil*
- *1 onion, diced*
- *2 carrots, diced*
- *2 celery stalks, diced*
- *4 garlic cloves, crushed*
- *250 ml red wine*
- *400 g tinned chopped tomatoes*
- *500 ml lamb or beef stock*
- *3 sprigs fresh rosemary*
- *2 bay leaves*
- *Salt and black pepper*

Wine Pairing

A medium-bodied red such as a Chianti or Côtes du Rhône matches the dish's rosemary and tomato notes without overpowering the lamb.

Method

1. Preheat the oven to 160°C (140°C fan). Season the lamb shanks generously with salt and pepper.
2. Heat the olive oil in a large, oven-safe casserole dish over medium-high heat. Brown the shanks on all sides, about 3 minutes per side, then remove and set aside.
3. Add the onion, carrots and celery to the same pot and cook for 5 minutes until softened. Add the garlic and cook for 1 minute more.
4. Pour in the red wine, scraping up any browned bits from the bottom of the pot. Simmer for 2–3 minutes to reduce slightly.
5. Return the shanks to the pot. Add the chopped tomatoes, stock, rosemary and bay leaves. Bring to a gentle simmer.
6. Cover and transfer to the oven. Braise for 2–2.5 hours, turning the shanks halfway through, until the meat is falling off the bone.
7. Remove the shanks and keep warm. If the sauce is thin, reduce it on the stovetop over high heat for 5–10 minutes.
8. Discard the bay leaves and rosemary stems. Return the shanks to the sauce and serve with mashed potatoes or polenta.

Chef's Note

This dish improves overnight — if time allows, cool and refrigerate after step 6, then reheat gently and finish with steps 7–8 the next day.