



VQA WINES OF
ONTARIO



BRAISED LAMB SHANKS WITH BEETS AND

VQA Pinot Noir

Served over horseradish mashed potatoes, these braised lamb shanks are slowly cooked in a VQA Pinot Noir sauce until meltingly and deliciously tender.

Prep Time: 30 minutes • Cook Time: 3 1/2 hours • Total Time: 4 hours • Serves: 4

INGREDIENTS:

Lamb Shanks:

- 2 cups (500 mL) VQA Pinot Noir
- 4 large lamb shanks (about 4 lb 3 oz/2 kg)
- 1/2 tsp (2 mL) each salt and pepper
- 2 tbsp (30 mL) olive oil
- 1 onion, chopped
- 1 carrot, chopped
- 1 celery, chopped
- 4 cloves garlic, halved
- 1 tbsp (15 mL) finely chopped fresh thyme
- 2 tbsp (30 mL) tomato paste
- 1 tbsp (15 mL) all-purpose flour
- 1 1/2 cups (375 mL) reduced-sodium beef broth
- 2 bay leaves
- 2 lb (1 kg) small beets
- 1 tbsp (15 mL) finely chopped fresh parsley
- 1 tbsp (15 mL) finely chopped fresh chives

Horseradish Mashed Potatoes:

- 2 lb (1 kg) Yukon Gold potatoes, peeled and cut into 2-inch (5 cm) chunks
- 1/3 cup (75 mL) 35% whipping cream
- 2 tbsp (30 mL) butter
- 1/2 tsp (2 mL) salt
- 1/4 tsp (1 mL) pepper
- 2 tbsp (30 mL) prepared horseradish

INSTRUCTIONS:

- Lamb Shanks:** Preheat oven to 350°F (180°C). Pat lamb shanks dry with paper towel; season with salt and pepper.
- Heat oil in Dutch oven or large ovenproof saucepan set over medium heat; cook shanks for 8 to 10 minutes or until browned all over. Transfer to plate.
- Add onion, carrot, celery, garlic and thyme to pan; cook for 3 to 5 minutes or until slightly softened. Add tomato paste and sprinkle in flour; cook for 2 minutes. Slowly stir in VQA wine and bring to boil; cook for 3 minutes. Stir in broth and bay leaves; bring to simmer.
- Add shanks and beets to pan; cover and bake for 2 1/2 to 3 hours or until meat is very tender and falling off the bone. Peel and quarter beets; set aside.
- Remove bay leaves and shanks. Strain braising liquid into clean saucepan set over medium heat; simmer for 8 to 10 minutes or until reduced by half. Stir in parsley.
- Horseradish Mashed Potatoes:** Meanwhile, place potatoes in large saucepan; pour in enough salted water to cover. Bring to boil; boil gently for about 20 minutes or until tender. Drain and return to saucepan.
- Add cream, butter, salt and pepper to potatoes; mash and stir in horseradish. Divide among 4 serving plates. Top mashed potatoes with lamb shanks, beets and sauce. Garnish with chives.

Tip: Also delicious with polenta or risotto instead of potatoes.