## MEDITERRANEAN BRAISED LAMB SHANK

## **MEDITERRANEAN DEMI-GLACE**

- 1/2 cup Shallots, diced
- · 2 tsp garlic minced
- 2 Tbsp butter
- 1 Tbsp Oregano fresh, chopped
- 1 Tbsp Peppercorns black, slightly crushed
- 1 cup Red wine
- 3 qts Knorr® Sauce Mix Demi Glace, prepared

## **BRAISE THE LAMB**

- 2 1/2 tsp Black pepper, freshly cracked
- 3 Tbsp Kosher salt
- 10 each Lamb shank, 2 lbs each
- · Olive oil as needed
- 1 cup Shallots, minced
- 1/4 cup garlic, minced
- 1 1/4 cups Tomato paste
- 3 qts Mediterranean Demi-Glace, prepared

## **FINISH THE DISH**

- 1 lb Pearl onions, peeled
- 1 lb Pear tomato pear, sliced in half
- · 3 Tbsp Oregano fresh, chopped
- 4 cups Kalamata olives, halved

## PREPARE THE MEDITERRANEAN DEMI-GLACE

- 1. Sauté the shallots and garlic in butter until aromatic. Add oregano and peppercorns.
- 2. Deglaze with red wine and reduce by half. Add to hot demi-glace and set aside.

## **BRAISE THE LAMB**

- 3. Season lamb with salt and pepper. Heat the olive oil in a heavy pan and sear the lamb on all sides. Remove the lamb from the pan and set aside.
- 4. Add the shallots and garlic to the pan. Cook until aromatic, then add the tomato paste and continue cooking until beginning to caramelize.
- 5. Deglaze with red wine and add prepared Mediterranean Demi-Glace.
- 6. Return the lamb to the pan and braise in a 300 degree F oven, covered, and cook until the meat is tender, 1 1/2 to 2 hours.
- 7. Remove the lamb carefully and degrease the sauce.

## **FINISH THE DISH**

**Ingredients** 

- 8. Add the pearl onions, tomatoes, and oregano to the sauce.
- 9. Simmer until the onions are tender and add the olives.
- 10. Ladle the sauce over the lamb shank and serve immediately.

# ADDITIONAL INFORMATION

• 1 1/4 cups Tomato paste, • 1 cup Red wine, • 1 cup Shallots, minced, • 1 lb Pear tomato pear, sliced in half, • 1 lb Pearl onions, peeled, • 1 Tbsp Oregano fresh, chopped, • 1 Tbsp Peppercorns black, slightly crushed, • 1/2 cup Shallots, diced, • 1/4 cup garlic, minced, • 2

1/2 tsp Black pepper, freshly cracked, • 2 tsp Garlic, minced, • 3 qts
Knorr® Sauce Mix Demi Glace, prepared, • 3 qts Mediterranean Demi-

Glace, prepared, • 3 Tbsp Kosher salt, • 3 Tbsp Oregano fresh,

chopped, • 4 cups Kalamata olives, halved, • Olive oil as needed, 10 each Lamb shank, 2 lbs each, 2 Tbsp Butter, BRAISE THE LAMB,

FINISH THE DISH, MEDITERRANEAN DEMI GLACE

Course <u>Dinner</u>, <u>Entrees</u>

**Cuisine** <u>Mediterranean</u>

Serving Size 10