



Recipes by Hubert Keller

Braised Lamb Shank Provençal

Ingredients:

(Yields: Serves 4)

- 4 lamb shanks, approximately 1 ¼ pound each
- 3 tablespoons olive oil
- 2 stalks celery, chopped
- 1 cup pearl onions, peeled
- 6 baby carrots, peeled and chopped (or 2 regular carrots)
- 1 tablespoon olive oil
- 1 cup white wine
- 1 ½ cup tomatoes, peeled, seeded, diced (or 1 14-oz can diced tomatoes, drained)
- ½ cup orange juice
- Zest of 1 orange
- Zest of 1 lemon
- 1 sprig fresh parsley
- 1 sprig fresh thyme
- 1 2-inch piece celery
- 3 large basil leaves
- 1 2-inch piece leek
- 2 cups chicken stock
- 2 cups green beans, cut in half
- 1 cup edamame beans
- 1 tablespoon parsley, chopped
- Optional: 2 sprigs fresh rosemary

Directions:

Preheat oven to 350° F.

Season both sides of the lamb shanks with salt and pepper.

In 5-quart soup or casserole pot, heat 3 tablespoons olive oil over high heat until almost smoking. Add shanks and sear 5 minutes on each side until golden brown. Remove from pan and set aside.

Add celery, onions, and carrots to same pan with 1 tablespoon olive oil. Sauté vegetables for 4 to 5 minutes, or until they begin to take on a light brown color.

Add wine, ½ cup tomatoes, orange juice, orange and lemon zests to pan, and cook for 5 minutes.

Assemble a bouquet garni by placing the parsley, thyme, basil and 2-inch celery piece inside the 2-inch leek piece, and tying tightly with twine.

Add the stock and bouquet garni to the pan. Return shanks to the pan and bring liquid to a light simmer. The liquid should not come up more than halfway up the meat.

Cover and place in oven for 3 to 3 1/2 hours turning shanks every 30 minutes until shank meat is very tender and falling off the bone.

Transfer shanks to serving platter and remove the bouquet garni. Cover the meat with foil to keep warm until the sauce is finished.

Place the pan with the juices back over medium-high heat and bring to a simmer. Add the green beans, and cook 4-5 minutes or until tender but still crisp.

Add remaining 1 cup tomato, edamames, and chopped parsley. Heat throughout.

Generously spoon bean mixture and sauce over the shanks and garnish with sprigs of fresh rosemary, if desired.