

Tommy's Joynt Lamb Shanks

1 c water
½ c red wine
1 tbsp granulated garlic
1 tbsp onion powder
1 tsp beef bouillon
½ tsp kosher salt
½ tsp freshly ground pepper
4 large lamb shanks
2-3 c beef or turkey stock
¼ c tomato paste
2 tbsp all-purpose flour
Cooked carrots and potatoes for serving

Pre-heat the oven to 350 degrees. Stir together the water, red wine, garlic, onion powder, bouillon, salt and pepper in a roasting pan just large enough to hold the shanks. Turn the shanks in the mixture to coat. Cover the pan with foil and roast for 2 hours.

Take the shanks out of the roasting pan and set aside. Scrape the drippings in the roasting pan in order to loosen the brown bits on the bottom of the pan, and pour them into a saucepan. Add 2 cups of the stock, bring to a simmer over medium heat, and then whisk in the tomato paste. Take some of the remaining stock and mix it with the flour in a separate bowl to make a paste. Whisk it into the simmering gravy to thicken. If the gravy seems too thick, add more stock.

Put the shanks and the gravy back in the roasting pan. Roast uncovered for another 2 hours or so, until the shanks are brown and tender. Make sure to turn the shanks frequently during cooking so that they brown on all sides. Serve with potatoes and carrots.

Fieri, G. (2009). *Dinners, Drive-Ins and Dives*. New York, NY: HarperCollins