



Braised Lamb Shanks with Orange & Marmalade

INGREDIENTS (Serves 4)

4 Lamb Shanks
4 Tablespoons Olive Oil
3 Garlic Cloves Sliced
Freshly Squeezed Juice of 2 Oranges about 250ml
125ml Dry White Wine
Zest of 1 Lemon, removed with a zester or potato peeler
3 Tablespoons Bitter Orange Marmalade
125ml Chicken Stock or Water
Salt & Pepper

Preheat the grill until very hot. Brush the shanks with 3 tablespoons of the oil and season well. Then grill, turning them as necessary until well browned all over.

Heat the remaining oil in a flameproof casserole; add the garlic and brown gently without burning. Add the shanks, orange juice white wine and lemon zest. Bring to the boil on top of the stove, cover with a lid, and then transfer to a preheated oven and cook at 180 C/350 F/ Gas 4 for 1 hour, or until the meat pulls away from the bones.

Using a slotted spoon, transfer the shanks to a plate or bowl and keep them warm. Transfer the casserole to the top of the stove over a medium heat.

Add the marmalade to the casserole, stir until well blended, bring to the boil and simmer until the liquid has been reduced to a coating glaze.

Return the shanks to the casserole and turn in the glaze until well coated. Serve on heated dinner plates. Add the stock to the casserole, stir to scrape up the flavoured bits left in the pan, then spoon over the shanks and serve.