



## TBQ Braised Lamb Shanks

### Ingredients

#### DAY 1

- 6 lamb shanks
- 6 cloves garlic, cut into spears
- 4 - 6 tbsp Worcestershire sauce

#### DAY 2

##### SEASONING

- 2 tbsp TBQ Steak and Chop
- 1 tsp black peppercorns
- 1 tsp mustard seed
- 1 tsp pickling spice
- 1 tbsp salt
- 1/2 tsp crushed chillies

##### ROASTING SAUCE

- 3 tbsp olive oil
- 2 medium onions, chopped fine
- 2 carrots, chopped fine
- 3 stalks celery with the leaves, chopped fine
- 1 28 oz can chopped Italian tomatoes



### Directions

#### DAY 1

1. Make small slits into the lamb shanks and insert garlic spears.  
Pour Worcestershire sauce over meat to cover well.
2. Place shanks into a covered, thick-bottom braising pan and refrigerate overnight.

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## **TBQ Braised Lamb Shanks - continued**

### **DAY 2**

3. Preheat oven to 425°F.
4. Combine seasoning ingredients in a grinder or mortar & pestle.  
Grind all spices together. Rub the shanks with the seasoning mixture.  
Store any excess seasoning in a sealed airtight jar to use another time.
5. Roast the lamb shanks uncovered until well browned, approximately 30 minutes.  
Remove the shanks from the braising pan.
6. Reduce oven temperature to 350°F.
7. On stovetop, heat olive oil on medium high in the same braising pan.  
Add lamb shanks to oil to sear.  
Add the onions and sauté for 3 to 4 minutes.  
Add carrots and celery and cook for another 3 to 4 minutes.  
Add the chopped tomatoes and mix thoroughly.
8. Spoon the mixture over the lamb shanks so they well-covered with the sauce.  
Cover the braising pan and return to the oven for 2 1/2 - 3 hours.  
Roast is done when the lamb is tender and releases fork easily when pierced.  
Rest uncovered in the oven with the heat off for 15 - 20 minutes before serving.

