



4

SERVES/MAKES



COOKING TIME:  
> 90 min



COOKING STYLE:  
Oven

## LANCEWOOD® LAMB SHANKS BAKED IN BUTTERMILK

### INGREDIENTS:

#### Lamb shanks:

- 4 lamb shanks
- Salt & freshly ground black pepper to taste
- 45 ml oil
- 2 cloves garlic, sliced
- 2 carrots, cut into chunks
- 3 stalks celery, cut into chunks
- 4 – 6 baby onions, halved
- 250 ml **LANCEWOOD® Buttermilk**
- 1 x 410 g can chopped peeled tomatoes
- 1 beef stock cube dissolved in 80 ml red wine or boiling water
- 45 ml flour
- 2 sprigs rosemary
- Parsley, freshly chopped for serving

#### Yoghurt garlic sauce:

- 250 ml **LANCEWOOD® Double Cream Plain Yoghurt**
- 1 large clove garlic, crushed
- Grated zest of 1 lemon
- 15 ml lemon juice
- 10 ml salt flakes
- 30 ml parsley, freshly chopped

### METHOD:

#### Lamb shanks:

Preheat the oven to 170°C. Season the lamb shanks with salt and pepper to taste. Heat the oil and brown the shanks all over. Add the garlic, carrots, celery and onions and fry for 2 minutes. Transfer to an ovenproof casserole dish. Mix the buttermilk, tomatoes, stock and flour together. Pour over the lamb shanks. Add the rosemary. Cover and bake for 2 – 3 hours until tender and falling from the bone. Check on the hour and baste with the sauce.

#### Yoghurt garlic sauce:

Add the yoghurt, garlic, lemon zest, lemon juice, salt and parsley together and mix until well combined.

**To serve:**

Serve the lamb shanks with potato or cauliflower mash. Top with the yoghurt garlic sauce and sprinkle with freshly chopped parsley.

**PRODUCTS USED:**

NEW



Buttermilk



Double Cream Plain Yoghurt

**ENJOY!**