

## Braised Lamb Shanks with Herbes de Provence

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A delicious braised lamb recipe made even more spectacular thanks to the Herbes de Provence flavours.

### Ingredients

- 2 tablespoons olive oil
- 1 medium leek chopped
- 4 large whole garlic cloves
- 3 large lamb shanks
- All purpose flour
- 1½ cups dry red wine
- 1½ cups canned crushed tomato
- ¾ ounce dried wild mushrooms
- 1½ tablespoons dried herbes de Provence
- 2 medium carrots, peeled, cut diagonally
- 9 baby potatoes, washed and cut in half
- ¼ cup chopped fresh parsley

<b>Preparation Time</b>	15 min	<b>Difficulty</b>	Simple
<b>Portions</b>	3 servings	<b>Yield</b>	
<b>Country/Region</b>			
<b>Vegetarian</b>	No		

### Preparation

Heat olive oil in a heavy wide pot over medium heat. Sprinkle lamb shanks with salt and pepper; dust with flour to coat. Add lamb and cook until brown, turning occasionally, for about 8 minutes. Add leeks and garlic; sauté until the leeks soften, for about 5 minutes.

Add tomato puree, wine, mushrooms and Herbes de Provence. Stir to coat lamb with vegetable mixture. Reduce heat to low, cover, and simmer until lamb starts to get tender, turning twice, for about 1 hour 15 minutes. Uncover and add potatoes and carrots and cook with cover for 45 more minutes, or until the vegetables and the meat are very tender. Spoon off fat from pan juices if any; season lamb to taste with salt and pepper.

Sprinkle with parsley and serve.

### Notes

For the Braised Lamb Shanks with Herbes de Provence, if the herb blend isn't available, use a combination of dried thyme, basil, savory, and fennel seeds.