

## **Braised Rosemary Lamb Shanks, Parsnip puree**

4 lamb shanks  
2 medium onions, chopped  
2 large carrots, peeled, cut into 1/4-inch-thick rounds  
10 garlic cloves  
500ml red wine  
2 star anise  
1 Tsp dijon mustard  
1 tsp black pepper corns, crushed  
1 can diced tomatoes with juices  
1 litre chicken broth  
1 litre beef broth  
3 sprigs rosemary  
2 sprigs thyme

Sprinkle shanks with salt and pepper. Heat oil in heavy large pot over medium-high heat. Working in batches, add shanks to pot and cook until brown on all sides, about 8 minutes. Transfer shanks to bowl.

Add onions, carrots and garlic to pot and sauté until golden, about 10 minutes. Stir in mustard and then deglaze with the red wine, bring to the boil, then add the stocks, herbs and spices. add the shanks and bring to the boil, cover and simmer until meat is tender, about 2.5 hours.

Remove shanks, strain liquid and reduce until thickened, add the shanks and glaze. Serve immediately.

### **Parsnip Puree**

4 parsnips, peeled and chopped  
20g butter  
100ml cream  
Milk to cover  
2 thyme sprigs

Melt the butter and sauté the parsnips for 5 minutes with the thyme, without any colour, add cream and enough milk to cover, bring to the boil and simmer until soft, 15-20 minutes. Strain and blend until smooth using some of the cooking liquid.

