

July Recipe of the Month



Lamb Shank Braise with Parmesan Dumplings

SERVES 6 **PREP** 15 MINUTES

COOK 2 HOURS 15 MINUTES

✦ **DIY idea** Try using cannellini beans, chickpeas or bean mix instead of broadbeans.
✦ Add remaining parmesan to pasta dishes and bakes.

- 6 small lamb shanks, excess fat trimmed
- 2 tablespoons wholemeal self-raising flour, plus 1 cup extra
- 2 tablespoons vegetable or olive oil
- 1 large brown onion, finely chopped
- 2 sticks celery, coarsely chopped
- 300g kumara, coarsely chopped
- 3 cloves garlic, thinly sliced
- 1 litre (4 cups) chicken stock
- $\frac{3}{4}$ cup frozen broadbeans, thawed, peeled
- 100g green beans, trimmed, cut in half diagonally
- $\frac{1}{2}$ cup coarsely chopped flat-leaf parsley
- $\frac{1}{2}$ cup freshly grated parmesan

1 Coat lamb in flour; dust off excess. Heat half the oil in a large deep frying pan or saucepan with a lid over moderately high heat. Add lamb; cook for 8-10 minutes or until browned. Transfer to a heatproof plate.

2 Add onion, celery and kumara to pan; cook and stir for 3-4 minutes. Stir in garlic; cook and stir for 30 seconds or until fragrant. Stir in stock. Return lamb to pan. Bring to the boil. Cover pan with tight-fitting lid. Reduce heat; simmer, stirring and turning lamb occasionally, for 1 hour 45 minutes or until lamb is tender. Remove from heat. Stir in beans.

3 Combine extra flour, parsley and parmesan in a medium bowl. Season. Make a well in centre. Pour in remaining oil with $\frac{1}{2}$ cup water. With a round-bladed knife, use a cutting motion to mix until a soft dough forms, adding a little extra water if needed. Add heaped dessertspoons of dough to the liquid in pan; don't let dumplings touch. Return pan to high heat; cook, covered, for 8-10 minutes or until dumplings are cooked (add extra water to pan if needed). Serve. ✦