

SERVED WITH LOVE LAMB RAGU PASTA



ROAST LAMB SHANKS

Yield: ± 3 kg (Makes half insert)

1 kg	Lamb, shanks
200 g (2 small)	Onions, chopped
10 g (2 cloves)	Garlic, crushed
100 g (1 small)	Red pepper, julienned
100 g (1 small)	Green pepper, julienned
15 g	Savanna Braai Spice (08700010)
2 ℓ (8 cups)	Water
400 ml (1 2/3 cups)	Cape Red Marinade (07547040)
200 g (1 large)	Tomato, chopped
120 g (1 sachet)	Beef Stew R/P (08445024)
10 g (2 Tbsp)	Fresh parsley, finely chopped

Method:

- 1 Preheat an oven to 180°C.
- 2 Place the lamb shanks in a half insert. Add the onions, garlic and peppers. Season the meat with the Savanna Braai Spice.

3 Mix together 1.8 ℓ of the water and the Cape Red Marinade. Pour the mixture over the shanks and vegetables and gently mix together.

4 Cover with foil, place into the oven and roast for ± 90 minutes.

5 Remove from the oven. Mix the remaining 200 ml water with the Beef Stew R/P. Pour the mixture over the meat and vegetables and add the chopped tomato. Add the parsley and gently mix all the ingredients together.

6 Return to the oven and cook for another ± 30 - 45 minutes uncovered.

7 Remove from the oven and serve with mashed potato or rice.

Variation:

LAMB RAGU PASTA SAUCE

Replace Beef Stew R/P with Tomato Mince Mix R/P (08433026). Remove peppers and replace parsley with rosemary. Remove the meat from the bones once cooked. Shred the meat and mix into the sauce. Serve over pasta with parmesan cheese.