

# Braised Lamb Shanks, Creamy Polenta, & Sautéed Broccolini

Recipe by Ariana Sherlock  
Torii Mor Winery

Serves: 4 people



WINE PAIRING: TORII MOR 2005 "DEUX VERRES"

RESERVE PINOT NOIR

## Ingredients:

4 1-pound lamb shanks	4 cups milk*
salt, pepper, a little oil	1 cup polenta (corn grits)
½ cup carrots, peeled and cut into ¾ inch pieces	½ cup grated parmesan cheese
½ cup celeriac (celery root), peeled and cut into ¾ inch pieces	1 lb. broccolini, ends trimmed
1 cup onion, largely diced	1-2 Tbls. olive oil
2-3 cloves garlic, chopped	1 small shallot, finely chopped
2 Tbls. tomato paste	
1½ cups dry red wine	
4-6 cups beef stock	

\*I like to use milk when making polenta, it produces a creamier consistency. You can substitute chicken stock or water, or a combination of any of the liquids.

Pre-heat your oven to 350 degrees F. Season lamb shanks liberally with salt and pepper on all sides. Heat a little oil in a large sauté pan over medium-high heat. Sear lamb until well browned on all sides. Don't over-crowd the lamb; work in

batches if your pan isn't big enough to fit all of the shanks at once. Place seared shanks in large dutch oven, or roasting pan. Add a little more oil to the pan and sauté vegetables until slightly browned. Add garlic and tomato paste and cook until garlic is fragrant, stirring frequently. Deglaze with red wine. Add vegetable mixture to lamb. Add enough stock to just cover the lamb and bring to a boil. Cover tightly and cook in oven until meat is fork-tender, about 2 hours.

Remove lamb from braising liquid and keep warm in 200 degree oven. Skim off fat from liquid. Separate the vegetables from the liquid and purée, using a blender, adding the braising liquid slowly until desired sauce consistency is attained.

**For Polenta:** Bring milk to a simmer over medium heat. Whisk in polenta and continue to whisk until the polenta begins to thicken and it comes to a full boil, 2-5 minutes. Turn heat down to low and season with 1½ tsp salt. Cook polenta uncovered for about 20 minutes, stirring occasionally with a wooden spoon. Stir in parmesan and season with salt and pepper to taste.

**For Broccolini:** Blanch broccolini in salted, boiling water for 2-4 minutes depending on the thickness of the stems. The stems should still be firm. Transfer to ice water to stop the cooking. Dry well and refrigerate. (Can be done up to one day ahead.) Just before serving, heat olive oil in large sauté pan over medium-high heat. Add the shallots and cook 30 seconds. Add blanched broccolini and sauté until heated through, about 2-3 minutes. Season with salt and pepper.

"Through this Torii Mor, this Earth gate, we step, to make glad the soul, with wine"