

# Mint Creek | Lamb Shanks

## **BBQ LAMB SHANKS BRAISED LAMB SHANKS WITH SOUR CREAM AND CAPERS**

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### **BBQ LAMB SHANKS**

Preparation Time: 10 minutes

Cooking Time: 1 hour, 35 minutes

Serves: 4

Ingredients

2 Tbs. vegetable oil

4 lamb shanks

1 medium onion, sliced, cooked

1/2 cup ketchup

1/2 cup water

1 Tbs. brown sugar

1 Tbs. vinegar

1 Tbs. Worcestershire sauce

1 tsp. dry mustard

### **Instructions**

Heat oil in a heavy, nonstick skillet over medium-high heat. Sauté lamb 3-4 minutes until browned on all sides. Pour off any excess oil. Combine remaining ingredients and salt to taste in a saucepan. Bring to a boil and pour over lamb in skillet. Cover and simmer lamb over low heat 1 1/2 to 2 hours, until meat is very tender.

### **BRAISED LAMB SHANKS WITH SOUR CREAM AND CAPERS**

Preparation Time: 10 minutes

Cooking Time: 1 hour, 30 minutes

Serves: 2

Ingredients

2 lamb shanks, each cracked into 3 pieces

2 Tbs. meat drippings or cooking oil

3/4 tsp. salt

1/2 cup liquid (water, dry white or red wine, beer, cider, or beef consommé)

1 bay leaf and 1 sprig each of parsley and thyme, tied in cheesecloth (bouquet garni)

1/2 cup sour cream

2 Tbs. capers

### **Instructions**

This recipe may be cooked on top of the stove or in the oven. Sour cream and capers are added to braised lamb shanks for a piquant, smooth sauce.

Brown lamb shanks well in drippings in a heavy kettle over moderate heat. Pour off drippings, add remaining salt, liquid, and bouquet garni.

Cover and simmer about 1 1/2 hours, turning lamb shanks once or twice, until tender. Or cover and bake about 1 1/2 hours at 325 degrees F.

Lift lamb shanks onto a deep platter. Skim fat from broth, mix in sour cream and capers. Spoon a little sauce over lamb shanks, and pass the rest.