

# Braised Lamb Shanks



4 lamb shanks  
1 Spanish onion, chopped  
3 tbsp. garlic, minced  
2 cups of carrots, cut in rounds  
2 cups of diced tomatoes (can be canned)  
1 cup beef stock  
1 cup Red Wine  
¼ cup Merlot Vinegar  
Fresh herbs (thyme, rosemary and parsley)

Bring shanks to room temperature. Rub with Olive Oil, sprinkle salt and pepper to taste. In a braising pot, heat up oil on medium high on the stove top. Sear shanks on both sides, about 4 minutes per side. Remove shanks. In the drippings, sauté the onions, garlic and carrots until onions are soft. Add all liquid ingredients, as well as shanks. Bring to a boil, let liquids reduce for about 10 minutes. Add fresh herbs. Transfer pot to the oven and cook, covered, at 300 F for 2 hours until meat is fork tender. Let it rest uncovered for 15 minutes before serving.