

FARM at the Carneros Inn
Lamb Shanks with Cinnamon-Glazed Quince
Paired with Pavi 2005 Fisticuffs

Ingredients:

3 or 4 Lamb shanks
2 tablespoons unsalted butter
1 ½ cups finely chopped onion
2 cinnamon sticks
3 cloves
½ teaspoon ground allspice
Salt & freshly ground pepper
1 cup of pomegranate molasses
4 tablespoons sugar
4 quinces (unpeeled, quartered, cored and cut into 1/3 inch thick segments)
1 teaspoon ground cinnamon
1-2 tablespoons lemon juice

Method:

Ask your butcher to cut the bones off the end of the shanks, trim off all the fat, and cut them into halves. Heat a heavy pan over low heat and brown the shanks about 20 minutes on all sides. Pour out all the fat, stir in the butter and onions and cook for 2 minutes. Add the cinnamon sticks, cloves, allspice, salt, pepper, and pomegranate juice, 1 cup of water and 1 tablespoon of sugar. Cover and simmer about 1 ½ hours, until the meat is tender. As the meat cooks, it may be necessary to add more liquid.

Stir in the quince and simmer about 40 minutes until they are very tender yet still firm enough to hold their shape. Remove the shanks and fruit to a plate and strain the cooking liquid. Bone the shanks if you wish and return the meat to the pan, discarding the bones.

Put ¾ cup of the cooking liquid into a nonstick sauté pan. Pour the remaining liquid back into the pan in which the meat cooked. There should be at least 1 cup, if there isn't add some water and keep it at gentle simmer. Also taste for salt. Add ground cinnamon and 2 tablespoons of sugar to the cooking liquid in the sauté pan. Bring the mixture to a boil, stir in the quince segments, and quickly glaze them on both sides. Add the quince to the meat with whatever sauce there is in the sauté pan. Stir in some lemon juice to taste.

Plating:

Arrange the lamb pieces on warmed plates, arrange the quince over the meat, and pour the sauce over the top. Pilaf would go nicely with this dish.