

**MARKET “An American Restaurant”
presents
Zinfandel-Braised Lamb Shank
paired with Lamborn 2005 Zinfandel**

Ingredients:

| | | |
|-----|--------|--|
| ¼ | cup | flour |
| 1 | tblspn | salt |
| 1 | tblspn | pepper |
| 5 | each | Lamb Shanks |
| | | corn oil |
| 1 | each | carrots, diced |
| 1 | each | onions, diced |
| 5 | stalks | celery, diced |
| ½ | tblspn | garlic, chopped |
| ¼ | tspn | black pepper, ground |
| 2 | each | bay leaves |
| ½ | bottle | Zinfandel wine |
| ½ | bottle | Ruby Port wine |
| 1.5 | lbs | canned diced tomato (including liquid) |

Preparation:

Combine flour, salt and pepper in a small mixing bowl. Coat each Lamb Shank in the seasoned flour by rolling them in the mixture and patting them to cover completely and evenly, and set aside.

In a deep wide skillet, sear the flour-dusted Lamb Shanks in ¼ cup of the corn oil over medium-high heat until each Shank is completely browned, then remove from the pan and set aside to rest.

Drain the used corn oil from the pan and discard. Add 5 tablespoons of new corn oil to the same pan and sauté the carrots, onions, celery and garlic until browned. Add the ¼ teaspoon of ground black pepper, the two bay leaves, and the wines and bring to a boil. Then reduce the heat to medium and simmer until the liquid has reduced by half.

Increase the heat to medium-high and add the canned tomatoes, including their juices, and bring everything back to a boil. Once it reaches a boil, add the Lamb Shanks and place the pan in a pre-heated 300-degree oven and allow to slowly roast for 4 hours.

The Lamb Shanks are ready to serve when they come out of the oven. We recommend Mashed Potatoes or Soft Polenta with some garlicky sautéed spinach.