

## **LAMB SHANKS WITH MERLOT**

**(You can also use either veal shanks or short ribs with this recipe)**

**4 lamb shanks (about 5 pounds)**

**Salt and pepper to taste**

**Flour**

**¼ cup olive oil**

**1 cup diced onion**

**1 carrot chopped**

**2 cloves garlic**

**1 tablespoon tomato paste**

**1-1/2 cups chicken broth**

**1-1/2 cups beef broth**

**1 cup merlot**

**Rub the surface of each shank with garlic cloves. Season with salt and pepper. Place the flour in a plastic bag. Add the lamb shanks one at a time and shake to coat.**

**Heat the olive oil in a large skillet. Add the lamb shanks and cook until brown on all sides. Transfer the lamb from the skillet to a roasting pan large enough to hold the shanks in a single layer**

**Add the onion, carrot and some minced garlic to the drippings in the skillet and sauté about 5 minutes. Blend the tomato paste with 2 tbsp of chicken broth and stir in. Add the remaining chicken broth, beef broth and merlot.**

**Pour the mixture over the lamb shanks. Cover the roasting pan, place on the middle rack of a 325 degree oven and cook for one hour, basting after 30 minutes. Remove the pan from the oven and turn the shanks over in the broth, Cook for a total of 3-1/2 to 4 hours – basting every 45 minutes or so. Place shanks on platter and pour sauce over it. DELICIOUS!!!**