

## Braised Lamb Shanks with White Beans

Adapted from William-Sonoma, [\*Seasonal Celebration: Autumn\*](#) by Joanne Weir, this is our favorite lamb shank recipe. This recipe serves six people. We tried once to cut it in thirds when there were only two of us for dinner, but we had much difficulty deciding what constituted two-thirds of a carrot. We recommend making the full recipe, if possible, and inviting some friends over for a great one-pot dinner.

- 2 Tbs extra virgin olive oil
  - 6 lamb shanks, 1/2 - 3/4 pound each
  - 1 yellow onion, diced
  - 1 celery stalk, diced
  - 2 large carrots, diced
  - 6 garlic cloves, minced
  - 1 can (15 oz.) great northern or cannellini beans
  - 1½ cups dry red wine
  - 1½ cups chicken broth
  - 1½ cups chopped tomatoes
  - 3 Tbs tomato paste
  - 1 tsp chopped fresh thyme
  - 1 bay leaf
  - salt and ground black pepper to taste
  - 1 Tbs grated lemon zest
  - 2 Tbs chopped fresh parsley
1. In a large stew pot or Dutch oven warm the olive oil over medium high heat. Add the lamb shanks, a few at a time, and brown on all sides about 10 - 12 minutes. Transfer shanks to a plate.
  2. Add onion, celery and carrots to the pot and sauté, stirring occasionally, until tender about 8 - 10 minutes. Add garlic and cook, stirring about 1- 2 minutes.
  3. Add the beans to the pot along with wine, broth, tomatoes, tomato paste, thyme and bay leaf, stir to mix. Add the lamb shanks, bring to a simmer, and reduce heat to low.
  4. Cover and simmer until the meat is nearly falling off the bone, approximately 3 - 4 hours. Season with salt and pepper, and remove and discard the bay leaf.
  5. Transfer lamb shanks and beans to individual plates, garnish with lemon zest and parsley and serve immediately.