

Slow-cooked Lamb Shanks with Mash

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This easy winter warmer requires minimal prep, but you need time to let it brew in the slow-cooker. It's perfect for starting in the morning, leaving to do its thing all day, and then finishing off just before eating. The pumpkin cooks down into the sauce to thicken it nicely, though you might need to mix it around a bit at the end to get the consistency you like.

Serves	4
Prep time	15 minutes
Cook time	7-9 hours in a slow-cooker (or 3 hours in an oven)
Difficulty	●●●
Per serve	
Carbs	16.2 g
Protein	36.3 g
Fat	42.1 g
Energy	601 Cal

INGREDIENTS

- 3-4 lamb shanks
- 2 onions, thinly sliced
- 1 carrot, chopped
- 2 cups chicken or beef stock (or water)
- a few sprigs of thyme or rosemary
- 2 cloves garlic, sliced
- 2 cups diced pumpkin (about ¼ of a pumpkin, or use celeriac or sweet potato)
- 1 tsp salt
- 1 broccoli, cut into small florets
- 1 bunch (250 g) silverbeet, roughly sliced, washed and drained

To serve:
Creamy Cauli Mash (page 170)

METHOD

Place the lamb, onion, carrot, stock, thyme or rosemary, garlic, pumpkin, salt and a few twists of freshly ground black pepper in the slow-cooker. Set on low and cook for 7-9 hours. (Alternatively, pre-heat the oven to 180°C fan [200°C regular]. Put everything in a large casserole dish, cover with a tightly fitting lid and cook for 3 hours. Stir once or twice during cooking, adding a little water if it starts looking dry.)

When nearly ready to eat, prepare the Creamy Cauli Mash and set aside, covered to keep warm.

Add the broccoli florets to the slow-cooker (or casserole), cover and cook for another 4-5 minutes. Add the silverbeet, stir through the dish and season to taste with salt and pepper.

Serve the lamb shanks in large bowls with a generous dollop of cauliflower mash alongside.

SLOW-COOKER TIPS

- You can base all your slow-cooker, hotpot-style meals around this lamb recipe. Here are a few tips:
- Use larger pieces of meat – try beef bolar, shin (osso bucco style), blade steak or topside. Any type of red meat will cook well. Simply divide it into smaller pieces once cooked.
 - With chicken, it's best to use the whole bird and keep it cooking very slowly so that it doesn't over-cook and become dry.
 - Cook as slowly and as long as time allows, to get the meat soft and succulent. If the liquid begins to dry up, top it up with a little water.
 - Swap some of the liquid in the above recipe for coconut cream, and add some ginger and lemongrass to give it a South East Asian twist. Serve with our Asian Greens (page 174) for an exciting variation.
 - Use the chilli recipe from our WTF? Nachos (page 150) for a delicious slow-cooked chilli – replace the mince with blade steak or topside and cook long and slowly until meltingly tender.
 - Red wine and hard herbs give a wonderful depth of flavour.
 - Finishing a slow-cooked dish with fresh herbs and piquant ingredients like capers, gherkins and other pickles really freshens things up. Or stir through some Cashew Basil Pesto (page 230) or Salsa Verde (page 234) to instantly elevate it to the next level.

