

## Rioja braised Lamb Shanks with choriso and garlic

### Serves 4

- 4 Lamb Shanks
- Salt and freshly ground black pepper
- Oil for cooking
- 350ml Rioja or good quality beef stock
- 250ml balsamic vinegar
- 1 whole bulb of garlic cut in half horizontally
- 2 bay leaves
- 1-2 tsp paprika
- Few black peppercorns
- 4 sprigs fresh rosemary
- 300ml beef stock
- 125g chorizo (as long sausage)
- 1 large red onion peeled and cut into wedges
- 2 carrots peeled and chopped
- 1 squeeze of honey to taste (optional)

Preheat oven to 150C (300 F) gas mark 3. Season the lamb with salt and pepper, add a little oil to the pan and heat over a high heat. Turn down the heat slightly and brown the shanks all over before transferring to a larger pan.

Pour the wine and balsamic vinegar into the pan and boil for 5 minutes, then add the lamb shanks, garlic, bay leaves, paprika, peppercorns, half the rosemary and stock. Place the pan over a high heat, cover with a lid and bring to the boil. As soon as it is boiling, take the pan off the heat, place it in the oven and cook for 2 hours.

Remove the pan from the oven and add the chorizo, onion, carrots, honey and the rest of the rosemary, then return to the oven and cook for another hour or until the meat is falling off the bones.

Scoop the meat and vegetables out of the pan with a slotted spoon and keep warm. Thicken the remaining sauce if required by boiling for up to 10 minutes. Leave to cool and adjust seasoning if necessary.

Serve with smooth creamy mashed potatoes and the lamb shank sauce.