

FEBRUARY 2024 WINE CLUB FEATURED RECIPE

CROCKPOT LAMB SHANKS

WITH BLACK CURRENT JAM, ROSEMARY AND THYME



Pair With:
2021 Shake Ridge Zin

Ingredients:

- 2 Tablespoons oil
- Flour for coating lamb
- 4 lamb shanks
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 medium onion peeled and finely chopped
- 2 carrots peeled and chopped into small chunks
- 3 cloves garlic peeled and minced
- 1 cup red wine
- 2 3/4 cup lamb or beef broth
- ½ teaspoon dried thyme
- 1 teaspoon fresh rosemary leaves, minced
- 1/2 cup canned chopped tomatoes
- 1 teaspoon sugar
- 2 bay leaves
- 1/4 cup black current jam
- 2 Tablespoons cornstarch mixed with 5 Tablespoons cold water



Instructions

Heat the oil in a large frying pan over a high heat. In a Ziplock baggie, toss lamb with a little bit of flour. Season the lamb shanks with the salt and pepper, then place in the pan and brown on all sides. Remove from the pan and place the lamb in the crockpot. Add the onion and carrot to the frying pan and cook until vegetables are tender, about 5 minutes. Add the garlic and cook for a minute more. Add the red wine, stock, thyme, rosemary, tomatoes, sugar and bay leaves to the frying pan, stirring to combine. Bring to a simmer, then turn off the heat and pour the sauce over the lamb shanks in the slow cooker. Cook covered in crockpot for 7 to 8 hours on low, or until the lamb is very tender and falling off the bone. Try to resist the urge to remove the lid during the cooking. Remove the lamb shanks from the crockpot and discard the bay leaves then stir in black currant jam into the sauce. To thicken the sauce, slowly pour in the cornstarch slurry, stirring with a whisk, until thickened to your liking.

Serve lamb, hot over mashed potatoes or creamy grits. Then pour the sauce over top.

Pair with the 2021 Shake Ridge Zinfandel. Cheers!