

Slow Cooker Braised Lamb Shanks (or chicken thighs) with Mushroom and Rosemary

Ingredients

- 1/2 tbsp olive oil
- 4 lamb shanks trimmed of most of the visible fat (can use chicken thighs instead)
- 2 carrots, peeled and diced
- 3 stalks of celery, diced
- 1/2 onion, diced
- 500g cremini mushrooms. stems removed
- 2 cloves of garlic, sliced
- 3/4 cup red wine
- 3/4 cup reduced fat beef stock (or chicken)
- 2 tbsp grainy mustard
- 1 bay leaf
- 1 1/2 tsp rosemary, minced
- rind of 1/2 large or 1 small orange (not zested, just removed in a strip)
- 1 tbsp balsamic vinegar



Instructions

1. Preheat the oil in a large nonstick skillet over medium-high heat. Season the lamb shanks with salt and pepper, and brown on all sides.
2. Remove the lamb shanks and put them in the slow cooker. If using chicken thighs, skip steps 1 and 2.
3. Return the pan to the heat and add the carrots, celery and onion. Sauté for 5-7 minutes. Add the mushrooms and garlic and stir for another minute.
4. Deglaze with wine and scrape up any of the bits on the pan. Transfer everything to the slow cooker. Add the beef stock, mustard, bay leaf, rosemary, and orange rind. Cook on high for 6 hours.
5. Before serving, stir in the vinegar and season with a pinch each of salt and pepper. Skim off any visible fat from the surface of the sauce and discard. Served on mashed root vegetables or polenta with some of the cooked veg and sauce.