

lamb shank recipes jamie oliver

Lamb shank recipes Jamie Oliver are renowned for their rich flavors and comforting aromas. Jamie Oliver, the charismatic chef from the UK, has a unique ability to transform simple ingredients into spectacular dishes. His lamb shank recipes often emphasize slow-cooking techniques, which allow the meat to become tender and infused with aromatic herbs and spices. In this article, we will explore some of Jamie Oliver's most celebrated lamb shank recipes, delve into the techniques he employs, and provide tips for achieving the perfect result at home.

Why Choose Lamb Shanks?

Lamb shanks are a popular cut of meat that is not only delicious but also quite economical. This cut comes from the lower leg of the lamb and is known for its rich flavor and tenderness when cooked properly. Here are a few reasons to consider cooking lamb shanks:

- **Flavorful:** Lamb shanks are packed with flavor, making them a perfect centerpiece for any meal.
- **Tender:** Slow cooking breaks down the tough fibers in the meat, resulting in a tender, melt-in-the-mouth experience.
- **Versatile:** Lamb shanks can be paired with a variety of ingredients and served with numerous sides.
- **Economical:** Compared to other cuts of lamb, shanks are often more affordable.

Jamie Oliver's Classic Lamb Shank Recipe

One of Jamie Oliver's most famous lamb shank recipes showcases the simplicity and beauty of the dish. Here's a step-by-step guide to recreating this classic at home.

Ingredients

To prepare Jamie Oliver's classic lamb shank dish, you will need the following ingredients:

- 4 lamb shanks
- Olive oil for frying
- 2 onions, diced
- 2 carrots, diced
- 2 sticks of celery, diced
- 4 cloves of garlic, minced
- 1 tablespoon tomato purée
- 1 bottle (750ml) red wine
- 600ml chicken or lamb stock
- Fresh rosemary and thyme
- Salt and black pepper

Instructions

Follow these steps to create a delicious lamb shank dish:

1. Preheat your oven to 160°C (320°F).
2. In a large, oven-safe pot, heat a drizzle of olive oil over medium heat.
3. Season the lamb shanks with salt and pepper, and brown them in the pot for about 5 minutes on each side. Remove and set aside.
4. Add the diced onions, carrots, celery, and garlic to the pot. Cook for 8-10 minutes until softened.
5. Stir in the tomato purée and cook for 2 minutes.
6. Pour in the red wine and let it simmer for 10 minutes, allowing the alcohol to evaporate.

7. Add the stock, herbs, and the browned lamb shanks back into the pot. Bring to a simmer.
8. Cover the pot and place it in the preheated oven. Cook for 2.5 to 3 hours, or until the meat is tender and falling off the bone.
9. Once cooked, remove the pot from the oven and let it rest for a few minutes before serving.

Serving Suggestions

Jamie Oliver recommends serving lamb shanks with creamy mashed potatoes, roasted vegetables, or a rustic bread to soak up the rich sauce. Garnish with fresh herbs for an added touch.

Variations on Lamb Shank Recipes

Jamie Oliver is known for his creativity in the kitchen, and lamb shanks can be adapted to suit various flavor profiles. Here are a few variations to consider:

1. Moroccan Lamb Shanks

Infuse your lamb shanks with the warm spices of Morocco. For this version, add spices such as cumin, coriander, cinnamon, and ginger to the pot along with the vegetables. Incorporate dried fruits like apricots or prunes to add sweetness and depth to the dish.

2. Italian Herb Lamb Shanks

In this variation, use Italian herbs like oregano, basil, and parsley. Replace the red wine with a robust tomato sauce, and add olives and capers to enhance the Mediterranean flavors. Serve with polenta or risotto for an authentic Italian experience.

3. Asian-Inspired Lamb Shanks

For an Asian twist, marinate the lamb shanks in soy sauce, ginger, and garlic before cooking. Use star anise and sesame oil to flavor the braising liquid. Serve with steamed jasmine rice and stir-fried vegetables for a

complete meal.

Tips for Cooking Perfect Lamb Shanks

To ensure that your lamb shanks turn out perfectly every time, consider the following tips:

- **Choose high-quality meat:** Look for lamb shanks from a reputable butcher or farm.
- **Don't rush the cooking:** Slow cooking is key to tender meat. Be patient and allow ample time for braising.
- **Adjust the seasoning:** Taste the sauce as it cooks and adjust the seasoning to your liking.
- **Let it rest:** Allow the dish to rest after cooking. This helps the flavors meld and makes for a more enjoyable meal.

Conclusion

In conclusion, **lamb shank recipes Jamie Oliver** offer a delightful way to enjoy one of the most flavorful cuts of meat. With their versatility and rich flavors, lamb shanks can be adapted to suit any palate or occasion. By following Jamie Oliver's classic recipe or exploring the variations, you can create a comforting and satisfying meal that will impress family and friends alike.

Whether you're hosting a dinner party or simply enjoying a cozy night in, lamb shanks are sure to elevate your culinary experience. So roll up your sleeves, gather your ingredients, and get ready to savor the deliciousness of lamb shanks the Jamie Oliver way!

Frequently Asked Questions

What are some popular lamb shank recipes by Jamie Oliver?

Some popular lamb shank recipes by Jamie Oliver include Slow-Cooked Lamb Shanks with Garlic and Rosemary, Lamb Shanks with Red Wine and Tomato, and Moroccan Spiced Lamb Shanks.

How long does Jamie Oliver recommend cooking lamb shanks?

Jamie Oliver typically recommends cooking lamb shanks for about 2 to 3 hours at a low temperature to ensure they are tender and flavorful.

What ingredients are commonly used in Jamie Oliver's lamb shank recipes?

Common ingredients in Jamie Oliver's lamb shank recipes include garlic, onion, red wine, stock, fresh herbs like rosemary and thyme, and various vegetables such as carrots and celery.

Can I use a slow cooker for Jamie Oliver's lamb shank recipes?

Yes, you can use a slow cooker for Jamie Oliver's lamb shank recipes. Just adjust the cooking time to about 6 to 8 hours on low for optimal tenderness.

What side dishes pair well with Jamie Oliver's lamb shank recipes?

Side dishes that pair well with Jamie Oliver's lamb shank recipes include creamy mashed potatoes, roasted vegetables, or a fresh green salad.

Are there any tips for making Jamie Oliver's lamb shank recipes even better?

To enhance Jamie Oliver's lamb shank recipes, consider marinating the meat overnight, using homemade stock for richer flavor, and allowing the dish to rest before serving for better texture.

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