

lamb shanks recipe jamie oliver

Lamb shanks recipe Jamie Oliver is a delightful dish that showcases the rich flavors and tender texture of lamb shanks. Jamie Oliver, a celebrated British chef, is known for his approachable cooking style and emphasis on fresh, quality ingredients. In this article, we will explore a classic lamb shank recipe inspired by Jamie Oliver, detailing the ingredients, preparation methods, and cooking tips to ensure a delicious meal that will impress your family and friends.

Understanding Lamb Shanks

Lamb shanks are the lower part of the leg, known for their rich flavor and tender meat when cooked properly. They are typically tougher cuts of meat, which makes them perfect for slow cooking. This method allows the collagen in the meat to break down, resulting in a melt-in-your-mouth experience. Lamb shanks are often braised or slow-roasted, making them ideal for hearty meals.

Why Choose Jamie Oliver's Recipe?

Jamie Oliver's approach to cooking is all about simplicity and flavor. His lamb shanks recipe is no exception. It focuses on using fresh ingredients, aromatic herbs, and spices, along with a straightforward cooking process. The result is a dish that is both impressive and easy to prepare, perfect for any home cook looking to elevate their dining experience.

Ingredients for Jamie Oliver's Lamb Shanks

To make Jamie Oliver's lamb shanks, you'll need the following ingredients:

- 2 lamb shanks (about 1 kg total)
- Salt and freshly ground black pepper
- Olive oil (for browning)
- 1 onion, chopped
- 2 carrots, chopped
- 2 celery sticks, chopped
- 4 garlic cloves, crushed
- 2 sprigs of fresh rosemary

- 2 sprigs of fresh thyme
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 2 cans (400g each) of chopped tomatoes
- 500 ml of red wine (or stock)
- 1 tablespoon balsamic vinegar
- Fresh parsley, for garnish

Preparation Steps

Preparing lamb shanks takes some time but is quite straightforward. Follow these steps for a delicious outcome:

1. Prepare the Lamb Shanks

- Season the Shanks: Generously season the lamb shanks with salt and pepper. This helps to enhance the natural flavors of the meat.
- Brown the Meat: In a large, heavy-bottomed pot or Dutch oven, heat a tablespoon of olive oil over medium-high heat. Add the lamb shanks and brown them on all sides. This step adds depth of flavor through caramelization.

2. Sauté the Vegetables

- Add Aromatics: Once the shanks are browned, remove them from the pot and set them aside. In the same pot, add a little more olive oil if needed and then add the chopped onion, carrots, and celery. Sauté for about 5-7 minutes until the vegetables are softened.
- Incorporate Garlic and Herbs: Add the crushed garlic, rosemary, and thyme to the pot. Cook for an additional minute until fragrant.

3. Build the Sauce

- Spice It Up: Stir in the ground cumin and coriander, cooking for about 1 minute to unlock their flavors.
- Add Tomatoes and Wine: Pour in the chopped tomatoes, red wine, and balsamic vinegar. Stir to combine, scraping the bottom of the pot to release any browned bits.

4. Braise the Lamb Shanks

- **Return the Shanks:** Place the browned lamb shanks back into the pot, ensuring they are submerged in the sauce. Bring the mixture to a gentle simmer.
- **Slow Cook:** Cover the pot with a lid and transfer it to a preheated oven at 160°C (320°F). Let it cook for about 2 to 3 hours, or until the meat is tender and falling off the bone.

Cooking Tips

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

- **Quality Ingredients:** Use high-quality lamb from a trusted source. The better the meat, the better the final dish will be.
- **Marination:** If you have time, marinate the lamb shanks overnight in the fridge with some red wine, garlic, and herbs for enhanced flavor.
- **Adjust Cooking Time:** Depending on the size of the shanks, cooking times may vary. Always check for tenderness by using a fork to pry the meat from the bone.
- **Rest Before Serving:** Let the dish rest for a few minutes before serving. This allows the juices to redistribute, making the meat even more succulent.

Serving Suggestions

Lamb shanks are a versatile dish that pairs well with various sides. Here are some serving suggestions:

1. **Mashed Potatoes:** Creamy mashed potatoes are a classic side, perfect for soaking up the flavorful sauce.
2. **Root Vegetables:** Roasted or steamed seasonal vegetables add a touch of color and nutrition to your plate.
3. **Polenta:** Creamy polenta is another fantastic option, providing a rich, comforting base for the lamb.
4. **Rice:** Serve with fluffy rice or couscous to balance the richness of the lamb.

Conclusion

Incorporating the **lamb shanks recipe Jamie Oliver** into your culinary repertoire is an excellent way to impress your guests with minimal effort. The slow-cooked, tender lamb shanks are bursting with flavor, thanks to the aromatic vegetables and herbs. Whether you're hosting a special gathering or enjoying a cozy family dinner, this recipe brings warmth and satisfaction to any meal. So gather your ingredients, follow the steps, and enjoy a delicious dish that embodies the essence of home-cooked comfort food.

Frequently Asked Questions

What are the key ingredients in Jamie Oliver's lamb shanks recipe?

The key ingredients typically include lamb shanks, garlic, onion, carrots, red wine, rosemary, and stock.

How long does Jamie Oliver recommend cooking lamb shanks for the best flavor?

Jamie Oliver recommends slow-cooking lamb shanks for about 2 to 3 hours for tender and flavorful results.

Can I make Jamie Oliver's lamb shanks recipe in a slow cooker?

Yes, you can adapt Jamie Oliver's lamb shanks recipe for a slow cooker by following similar steps and cooking on low for 6-8 hours.

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

Side dishes like creamy mashed potatoes, roasted vegetables, or a fresh green salad pair well with lamb shanks.

Is there a way to make Jamie Oliver's lamb shanks recipe healthier?

To make it healthier, you can use less oil, add more vegetables, and serve it with whole grains instead of rich sides.

What type of wine does Jamie Oliver suggest using in his lamb shanks recipe?

Jamie Oliver often suggests using a good quality red wine, such as a Cabernet Sauvignon or Merlot,

to enhance the flavors.

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