



# KANONKOP

WINE ESTATE



## *Lamb shank pie with red wine & rosemary*

### INGREDIENTS:

- 4 lamb shanks – approx. 1.2 – 1.6kg
- 6 cloves garlic, crushed
- 4 x sprigs of rosemary approx. 10 - 15cm long
- 4 – 6 fresh bay leaves
- olive oil
- 2 Tbsp butter
- 1 large brown onion chopped
- 2 medium carrots chopped
- 2 medium celery stalks trimmed and chopped
- 4 Tbsp tomato paste (aprox 100gms)
- 1 cup (250ml) red wine
- 1 cup (250ml) beef stock
- 1 tin chopped peeled tomatoes
- 1 ½ Tbsp finely chopped parsley (about 15gms)
- 1 Tbs sugar

### METHOD:

Rub the lamb shanks with olive oil and the crushed garlic and season well with salt and pepper. Lay these on a small tray lined with half the rosemary and bay leaves. Top the meat with the remaining rosemary and bay leaves, cover tightly with cling film and leave them in the fridge overnight. When you are ready to cook, scrape all the herbs and garlic off the shanks.

Heat a splash of olive oil in a large nonstick frying pan and brown the shanks on all sides. Once brown, remove the shanks and set aside in a dish.

In a large oven proof cast iron casserole dish with a lid, heat another splash of olive oil and the butter, and sauté the onion, carrots, celery until softened. About 5 minutes.

Preheat the oven to 180C.

Add the tomato paste to the mix and cook for around 10 minutes over a low heat until the tomato paste darkens in colour and develops flavour. When it has darkened and is starting to stick, deglaze the dish with the wine and allow this to cook off scraping any bits off the bottom.

Add the garlic (either scraped off the overnight marinade or what you have crushed), the bay leaves and the rosemary and cook for about a minute.

Add the stock and tin of tomatoes to the pan along with the 4 reserved lamb shanks & their juices. Add the chopped parsley and bring to a simmer on the stove top (about 10 – 15 minutes).

Put the casserole into the oven and cook for 2 hours.

Remove from the oven and carefully remove the lamb shanks setting them aside. Allow the sauce to settle for about 5 minutes. Place a sheet of kitchen paper over the fatty top layer of the sauce and allow the fat to be absorbed briefly then remove. Repeat this step 3 more times in order to remove the fat from the sauce. Return the casserole to the heat on the stove top and remove all the rosemary stalks and bay leaves, stir to heat through. Now either shred the meat off all or some of the lamb shanks (at least one) and add this to the sauce, stirring through.

Decant the meat and sauce into an appropriate high sided pie dish and position the remaining lamb shanks if still intact. The meat will be falling off the bone here so be careful.

Dust a surface generously with flour and place the sheet of puff pastry. Dust the top with flour and gently roll out to widen if necessary (this will depend on the size of your pie dish). Gently place the pastry over the pie filling – and where necessary cut a slit in the pastry to accommodate the lamb shank bone protruding out. Scrimp the edges and bake for 20 – 30 minutes until golden brown.

Serve with a glass of Kadette Cabernet Sauvignon. Enjoy!

