

Braised Lamb Shank Minestra

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2 lamb shanks, about 1 lb. each
4 T olive oil
1 onion, chopped
1 carrot, diced
4 cloves garlic, chopped
Pinch red pepper flakes
1 T finely chopped fresh rosemary
3-4 sprigs of fresh thyme

1 bay leaf
3-4 C water
2 15oz. cans of cannellini beans, drained and rinsed
1 lb hearty greens, cleaned and chopped
1 T red wine vinegar
Extra virgin olive oil (optional)
Grated parmesan cheese (optional)

Preheat large Dutch oven over medium high heat

Salt and pepper lamb shanks to taste. Add 4 T olive oil to Dutch oven and sear lamb shanks 5-6 minutes per side until browned.

Add onion and carrots. Sauté 5-6 minutes, until onions are translucent. Add garlic, red pepper flakes, salt & pepper to taste. Sauté 1-2 minutes.

Add enough water to cover $\frac{3}{4}$ of the lamb shanks. Add bay leaf, rosemary, and thyme sprigs. Bring to boil, cover, and reduce to simmer. Simmer for 1 $\frac{1}{2}$ - 2 hours.

Remove lamb shanks and reserve. Remove thyme stems and bay leaf, then discard. Add cannellini beans and bring to boil. Stir in greens and cook until wilted. Adjust seasoning as desired. Remove from heat and add red wine vinegar. Return meat to the pot to serve.

Top with extra virgin olive oil and parmesan cheese, if desired.

Serves 4

Note: Removing lamb from the bone before returning to pot will make for easier serving.

