



LAMB SHANKS WITH CREAMY POTATO MASH

HEAT LEVEL 🔥🔥🔥

Savor the richness of our Lamb Shanks with Creamy Potato Mash - succulent lamb shanks paired with velvety potato mash, creating a hearty and satisfying dish.

15 Mins

2 Servings

INGREDIENTS

2 medium lamb shanks on bone (about 500 g each)
2 cloves garlic, peeled and sliced
60 ml (¼ cup) cake wheat flour
15 ml (1 Tbsp) Spur Steakhouse Spice
10 ml (2 tsp) olive oil
2 large carrots, peeled and cut into slices
2 celery sticks, cut into slices
2 medium onions, peeled and cut into slices
2 leeks, sliced
Rosemary sprigs

Sauce:

250 ml (1 cup) Spur Grill Basting
125 ml (½ cup) Spur Durky Sauce
250 ml (1 cup) dry red wine
5ml (1 tsp) Spur Seasoning Salt

Mashed Potatoes:

5 - 6 medium potatoes, peeled and cut in pieces
3 ml (½ tsp) Spur Seasoning Salt
1 clove garlic, crushed (optional)
About 125 ml (½ cup) warm milk
50 g butter or margarine
Freshly ground black pepper to taste

METHOD

- 1 Preheat the oven to 200°C.
- 2 Cut slits into shanks. Push in garlic slices.
- 3 Mix flour and Spur Steakhouse Spice and rub over shanks. Heat oil in a large heavy-based saucepan and fry the shanks until browned.
- 4 Layer the carrots, celery, onions, leeks and rosemary onto the base of an ovenproof dish.
- 5 Sauce: Mix Spur Grill Basting, Spur Durky Sauce, red wine and Spur Seasoning Salt together. pour sauce over shanks and cover with foil or lid.
- 6 Bake in the preheated oven for about 1 hour. Reduce heat to 180°C, remove lid or foil and roast further for about 30 minutes. Remove from oven and serve with the meat gravy and potato mash.

Mashed Potatoes:

- 1 Boil potatoes in water with Spur Seasoning Salt until soft. Drain water and mash the potatoes well in the pot.
Add remaining ingredients, stir and heat for a few minutes until creamy and serve warm.

VARIATIONS

- 1 As alternative to oven-roasting, these lamb shanks can also be pot-roasted for 1½ - 2 hours. With the long simmering and slow cooking, it will also result in delicious tender shanks.

- 2 Serve with mint jelly.

Mashed Potatoes:

- 1 Herb Mash: Add 15 ml (1 Tbsp) chopped fresh parsley, mint or coriander.
- 2 Cheesy Mash: Add 125 ml (½ cup) grated Cheddar cheese.

TIPS

- 1 For an indication when shanks are done; the meat will start

falling off the bones.

Thicken sauce with a paste of flour and water, if preferred and serve

