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# Lamb Shanks Braised in Stout

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*Courtesy of : The Men of Man-Made*

*Cooking time :120 minutes*

*Yield :6*

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Super moist lamb shanks that are simply fall off the bone good!

## *Ingredients*

- 1 pound lamb shanks (6 x 450g)
- 4 tablespoons vegetable oil (60 ml)
- salt and pepper, to taste
- 2 large white onions, thinly sliced
- 2 cloves garlic, peeled and thinly sliced
- 1 tablespoon sugar (15 ml)
- 1/3 cup all-purpose flour (75 ml)
- 3 cups stout (750 ml)
- 3 cups beef stock (750 ml)
- 1 bay leaf
- 3 sprigs fresh thyme
- 3 sprigs fresh parsley

## *Directions*

1. Preheat oven to 350°F.
2. In a large heavy Dutch oven, heat the vegetable oil over medium-high heat. Season the lamb shanks and brown in batches, 2 or 3 at a time. When browned all over, remove the shanks to a plate and set aside.
3. If there is a lot of fat remaining, remove all but 2 – 3 tbsp. Reduce heat to medium and add the onions and garlic. Season and sauté until the onions begin to soften. Add the sugar and the flour and continue to cook for several minutes. Raise the heat to high and add the stout and beef stock, stirring constantly.
4. Bury the shanks in the braising base, add the parsley and thyme and bring to a boil. When boiling, cover with the lid and put the Dutch oven in the preheated oven. Cook for 2 hours or until the shanks are meltingly tender. Remove the herbs and serve.