

Lamb Shanks in Lemon Sauce

Printed from Lamb Recipes at <http://www.lambrecipes.org/>

Adjust lemon juice to taste for your personal preferences, depending on how citrusy you'd like this dish to taste.

Ingredients:

4 lamb shanks (about 3 pounds total)
2 tablespoons olive oil
1 large onion, finely chopped
1 clove garlic, minced
1 ¼ cups water, divided
1 tablespoon fresh lemon juice
1 teaspoon sea salt
1 Bay leaf
1 tablespoon all-purpose flour

Directions:

- 1) Heat oil in a large casserole dish over medium-high; add lamb and brown on all sides, about 5 minutes. Add onion and garlic; cook until softened, stirring, about 4 minutes.
- 2) Add 1 cup water, lemon juice, Bay leaf, and salt; bring to a boil over high heat. Cover and simmer until meat is very tender, about 3 hours. Remove from heat; keep warm.
- 3) Whisk together remaining ¼ cup water with flour in a small bowl. Stir into pan liquid; heat over high and cook until thickened, stirring, about 60 seconds. Remove Bay leaf; serve.