

# Lamb Shanks

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*Shanks may be one of modern cooks' most underrated meat dishes—but they are deliciously savory and juicy. A must-try for newcomers.*

## Ingredients:

6 lamb shanks  
¼ cup all-purpose flour  
Sea salt and black pepper, to taste  
½ teaspoon dried oregano  
2 tablespoons olive oil  
¾ cup chopped onion  
¾ cup chopped celery  
¾ cup chopped carrot  
1 clove garlic, chopped  
¼ teaspoon dried thyme  
¾ cup dry red wine  
¾ cup beef stock

## Directions:

- 1) Preheat oven to 350°F.
- 2) Combine flour, salt, pepper, and oregano in a small bowl; dip shanks into mixture to coat.
- 3) Heat oil in a large oven-safe skillet over medium-high; add lamb and brown on all sides, turning occasionally, about 8 minutes. Add onion, celery, carrot, garlic, and thyme; cook until softened, stirring, about 4 minutes.
- 4) Add wine and stock to skillet; bring to a boil over high heat. Transfer to oven. Cook until meat is tender, about 90 minutes. Serve warm.