

## LAMB SHANK

### INGREDIENTS

*SERVES 4*

4 lamb shanks

1 onion, chopped

Thyme

Red wine

Salt & Pepper

Preheat the oven to 350°F.

Saute lamb shanks in a little olive oil in a saute pan, over high heat, to lightly brown each side. Remove shanks, season with salt and pepper, and place in a stock pot.

In remaining oil, saute onions until lightly browned. Place onions in stock pot. Cover lamb shanks with red wine and thyme and simmer for 2 hours.

Eat right away, make in the morning, or the day before (even tastier).

\*You can stretch one shank to feed three people by shredding the cooked meat. Reheat in the wine sauce and use the meat and sauce for pasta another time. Dean-licious.