



Lamb Shanks

Ingredients

- 2 tomatoes
- 4 -6 lamb shanks
- $\frac{1}{4}$ cup plain flour
- 8 teaspoons olive oil
- 1 onion, chopped
- 3 carrots, peeled and thickly sliced
- 1 garlic clove, crushed
- 1 tablespoon fresh oregano, chopped or 1 teaspoon dried oregano
- 1 teaspoon lemon rind, finely grated
- $\frac{3}{4}$ cup red wine
- $\frac{1}{4}$ cup beef stock
- salt and pepper
- 4 teaspoons plain flour (optional for thickening gravy)
- 8 teaspoons cold water (optional for thickening gravy)

Directions

1. Peel the tomatoes and cut into quarters.
2. Toss the shanks in the flour. Discard excess flour.
3. Heat half of the oil in the cooker (no lid) and brown the shanks, two at a time if necessary. Remove and set aside.
4. Add the remaining oil and the onion, carrots and garlic. Fry for 5 minutes, stirring occasionally. Add the tomatoes, oregano, lemon rind, wine and stock. Bring to the boil, stirring well, for a few minutes.
5. Return the lamb shanks to the cooker and season well with salt and pepper. Spoon some of the sauce and vegetables over the meat.
6. Close and lock the lid and cook for 25 minutes.
7. Carefully release pressure from the cooker and check the meat is cooked. The meat should be very tender and almost falling off the bone.
8. If you would like the gravy a little thicker- add the remaining flour to the cold water and stir until smooth. Simmer gravy and add the flour paste in slowly until the gravy is thicker.
9. Now eat!