

# Funky Lamb Shanks

Recipe courtesy Emeril Lagasse



## Recipe Summary

**Prep Time:** 15 minutes

**Cook Time:** 1 hour 20 minutes

**Yield:** 4 servings

**User Rating:** ★★★

4 (1/2 pound) lamb shanks  
1 cup flour  
Essence, recipe follows  
3 tablespoons olive oil  
1 1/2 cups julienne onions  
4 cups sliced assorted wild mushrooms (Chantrelles, Shiitake, Black Trumpets, Oysters, etc.)  
2 cups red wine  
3 quarts lamb stock  
2 tablespoons minced garlic  
2 bay leaves  
4 fresh sprigs of thyme  
1/4 cups finely chopped parsley  
1/2 pound new potatoes, quartered  
Salt and black pepper  
2 tablespoons chopped green onions  
2 tablespoons brunoise red peppers

In a Dutch oven, heat the olive oil. Toss the shanks with flour and Essence. Sear the shanks in the hot oil. Sear for 2 to 3 minutes on each side. Add the onions and mushrooms and cook for 2 minutes, or until the vegetables wilt slightly. Add the red wine, stock, garlic, and herbs. Season with salt and pepper. Bring the liquid up to a boil, cover and reduce to a simmer. After simmering for 30 minutes, add the potatoes. Continue simmering for 30 to 40 minutes or until the meat falls off the bone. Season with salt and pepper. Spoon the shanks and gravy in a shallow bowl. Garnish with green onions and brunoise peppers.

Emeril's ESSENCE Creole Seasoning (also referred to as Bayou Blast):

2 1/2 tablespoons paprika  
2 tablespoons salt  
2 tablespoons garlic powder  
1 tablespoon black pepper  
1 tablespoon onion powder  
1 tablespoon cayenne pepper  
1 tablespoon dried oregano  
1 tablespoon dried thyme

Combine all ingredients thoroughly. Yield: 2/3 cup

Episode#: EE2401

Copyright © 2006 Television Food Network, G.P., All Rights Reserved