

More than 1 hour

Serves 4-6

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Ingredients:

- Salt and milled pepper
- 4-6 medium lamb shanks (ask your butcher to trim the bones)
- Flour, for dusting
- Glug of olive oil
- 1 onion, sliced
- 1 large bulb fennel, sliced
- 6 cloves garlic, chopped
- 8 anchovy fillets
- 1 Tbsp (15ml) ground coriander
- ¼ cup (60ml) passata sauce or tomato purée
- 1 cup (250ml) beef stock
- 2 cups (500ml) dry white wine

For serving:

- Lemon juice, to taste
- Handful fresh parsley
- Cooked polenta, rice or mashed potatoes

Method

1. Preheat oven to 180°C.
2. Season meat and dust with flour, lightly tapping shanks to remove any excess flour.
3. Heat oil in a pan and brown meat all over. Remove and set aside.
4. Add onion, fennel, garlic and anchovies to pan and fry until soft.
5. Place lamb, vegetables and anchovy mixture along with remaining ingredients into a roasting pan.

6. Cover tightly with foil and roast for 90 minutes or until tender and meat is almost falling off bone.
7. Squeeze over lemon juice and scatter with parsley.
8. Serve with your choice of starch.

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