



Mediterranean-Style Lamb Shanks

I like to cook this tasty winter dish in an ovenproof, non-stick or cast-iron dish. The new trim lamb shanks have less fat and the end tendons are trimmed in such a way that the meat cooks more easily. It's best to start cooking the dish at least 3 hours before eating it.

- 4 tbsp Cobram Estate Murray Valley Extra Virgin Olive Oil
- 2 tbsp tomato paste
- 2 tbsp ground cumin
- 1 tsp chilli paste
- 4 new trim lamb shanks, sometimes called frenched lamb shanks
- 4 sprigs of thyme
- 1.2 cup white wine
- 4 roma tomatoes, cut into small pieces
- 2 cloves garlic, crushed
- salt and freshly ground black pepper
- 4 tbsp chopped parsley or chopped corriander

Serves 4

Cobram Estate Murray Valley



An ideal all-purpose oil for blending your favourite salad dressing, drizzling over roasted vegetables, pasta, soup, fish and bruschetta, dipping crusty bread (ideal combination with Cobram Estate's Wahgunyah Red Wine Vinegar) and all your pan-cooked dishes.

Preheat oven to 150°C.

In a small bowl, mix half of the Cobram Estate Murray Valley Extra Virgin Olive Oil with the tomato paste, cumin and chilli paste. Brush or rub the meat with this paste.

Heat the remaining Cobram Estate Murray Valley Extra Virgin Olive Oil in an ovenproof casserole dish and brown the meat for a few min-utes. Add the thyme, wine, tomato and garlic and season with a little salt and pepper. Bring to a simmer, cover the dish and cook in the preheated oven for 1 hour.

After that time, turn the meat over, then cook for a further 30 minutes. Then turn the meat again and cook for another 30 minutes uncovered until the meat falls away from the bone.

Just before serving stir in the chopped parsley and serve with mashed potato and a green salad.

Enjoy your meal,

Gabriel Gaté