



## BRAISED LAMB SHANK WITH BUBBLE AND SQUEAK



Serves 10

**PREP TIME:** 20 mins  
**COOKING TIME:** 2 hours

### INGREDIENTS:

- 20 Aviko Bubble and Squeak Gratins
- 10 lamb shanks
- Salt and freshly ground black pepper
- Oil, for frying
- 700ml red wine
- 700ml beef stock
- 200ml balsamic vinegar
- 10 cloves garlic
- 5 bay leaves
- 2 sprigs of fresh rosemary
- 3 large red onions, peeled and cut into wedges
- 5 carrots, peeled and chopped

### ALLERGENS:

Sulphites

### METHOD:

1. Preheat the oven to 150 Fan Assisted/170°C/Gas Mark 3/338°F.
2. Season the lamb well with salt and freshly ground black pepper.
3. Drizzle oil into a frying pan set over a high heat and brown the lamb shanks all over.
4. Pour the wine and balsamic vinegar into a casserole dish and boil for 5 minutes. Add the lamb shanks, garlic, bay leaf, peppercorns, half the rosemary and the stock.
5. Cover with a lid and bring to the boil.
6. Once boiling, place the dish into the oven and cook for 2 hours.
7. Remove the dish from the oven and add the onion, carrots, and remaining rosemary. Return to the oven and cook for another hour, or until the meat is tender and falling off the bone.
8. Remove the meat and vegetables with a slotted spoon and keep warm.
9. Place the casserole dish onto a high heat and boil for 8–10 minutes, or until thickened slightly and season to taste.
10. Serve the meat and vegetables on pan fried Aviko Bubble and Squeak Gratins, and finish by pouring over the sauce.



**SERVE WITH ROASTED CHERRY TOMATOES ON THE VINE**

Aviko's

# GLUTEN-FREE HEROES!



Did you know **59%** of people would like to see more gluten-free options on menus when eating out!

**INTRODUCING...** our exciting Gluten-Free Heroes range! Delicious and gluten-free, these almighty heroes are perfect for your coeliac and gluten-free customers.

To help free your menu from gluten, we've developed six inspirational recipes to make catering for your gluten-free customers as easy as possible.

So what are you waiting for? Become a **GLUTEN-FREE HERO** today... with a little help from Aviko!

## FEATURING...

Aviko's Bubble and Squeak Gratins!



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Toluna Research February 2015, 300 Sample Size