



SAVORY LAMB SHANKS



Day Before: Place Tenleytown Meat in refrigerator to defrost for 24 hours.

Prep Time: **30 minutes**

Cook Time: **2.5 hours**

4 Tenleytown Meat Company **lamb shanks**
8-10 large **tomatoes**
8 large cloves **garlic** (unpeeled)
4 tbsp **extra-virgin olive oil**
kosher salt
freshly ground **black pepper**
1 large **onion**, coarsely chopped
2 tbsp **fresh oregano**
1 cup **water** (optional & if necessary)

salad and **cooked rice/pasta**

Preheat oven to **450 F**. Combine the **tomatoes** and **garlic** in the pan and coat with 2 tablespoons of **extra-virgin olive oil** and a dash of **salt**. **Roast** for **45 minutes**, until fragrant and the tomatoes have broken down and released their **juices**. Use tongs to pull off and discard as much of the **tomato skins** as possible.

Squeeze the roasted garlic cloves from their skins into the pan, discarding their skins. Use a masher or spatula to **mash** the tomatoes and garlic together. Let the mixture **rest** while you prep the lamb.

Season the **lamb shanks** well with **salt** and **peper** and heat remaining oil in a large **dutch oven** over medium heat. **Sear** the lamb shanks until lightly browned all over, remove, and cook **onions** with **salt** until barely translucent, about 8 minutes. Add the **oregano**, then combine the **shanks** and **tomato mixture** with the **onions**. If the juice doesn't cover the shanks, add **water**. Bring to a boil, then reduce to **medium-low** and cook for **1.5 hours** or until **tender**. **Serve warm** over a bed of **rice** or **pasta**.

makes 4 servings

*Many thanks to the
Washington Post and
Bonnie Benwick for
the inspiration!*

PEOPLE



PLANET



COMMUNITY



COMPANY

www.tenleytownmeatcompany.com

Washington, DC