

Braised Lamb Shanks with Prunes

4 servings

4 1 LB lamb shanks
6 TBSP olive oil, divided
1 LG onion, halved and sliced
1 LG carrot, peeled and sliced
1 C pitted prunes (about 6 oz)
1 LG head of garlic, halved crosswise
1/4 tsp cardamom
2 C beef broth
1 C low-sodium chicken broth

Preheat oven to 350. Sprinkle lamb with salt and pepper.

Heat 4 TBSP oil in large wide ovenproof pot over medium high heat. Add lamb in single layer; cook until brown on all sides, about 10 minutes total.

Transfer lamb to plate.

Add 2 TBSP oil to pot.

Add onion and carrot and sauté until golden brown.. about 10 minutes.

Add prunes, garlic and cardamom and stir for 2 minutes.

Return lamb to pot, cover and transfer to oven.

Braise lamb until tender, about 1 3/4 hours.

Transfer lamb to plate.

Tip pan and spoon off the fat.

Season sauce to taste with salt and pepper.

Return lamb to pot, turning to coat.

Place lamb shanks on plates. Spoon sauce over (Lamb can be made up to 2 days ahead. Refrigerate uncovered until cold, cover and keep chilled. Re-warm over medium heat before continuing.)