

# HOW TO MAKE

## Lamb shanks braised in wine and oranges

Shopping list	Step	What to do	What you need (serves 6)	Marguerite's tip
<ul style="list-style-type: none"><li>• 3 shallots</li><li>• 3 garlic cloves</li><li>• 4 oranges</li><li>• 2 TBS butter</li><li>• 1 TBS olive oil</li><li>• salt and pepper</li><li>• 2 cups of Sauternes (or another sweet white wine)</li><li>• 2 cups beef stock</li><li>• 2 bay leaves</li><li>• 1 sprig thyme</li><li>• 1 clove</li><li>• 1 tsp grated nutmeg</li><li>• the juice of 1 lemon</li><li>• 3 lamb shanks</li></ul>	1	<p>Peel and mince the shallots and the garlic cloves. Zest one orange. Peel and segment all the oranges (remove the pith and keep the juices as you go).</p>	<ul style="list-style-type: none"><li>• 3 shallots</li><li>• 3 garlic cloves</li><li>• 4 oranges</li></ul>	To be served with polenta.
	2	<p>Melt the butter with a spoon of olive oil in a large cast iron pot. Sear the meat on all sides in it. Set it aside and replace it by the shallots and garlic (reduce the heat to the minimum). Put the meat back, season with salt and pepper, add the stock and the wine. Cover and cook for 30 minutes (simmering).</p>	<ul style="list-style-type: none"><li>• 2 TBS butter</li><li>• 1 TBS olive oil</li><li>• salt and pepper</li><li>• 2 cups of Sauternes (or another sweet white wine)</li><li>• 2 cups beef stock</li><li>• 3 lamb shanks</li></ul>	
	3	<p>Add the oranges (reserve the zest), their juices, and all the spices, bay leaves and thyme. Cover again and cook on low for an hour.</p>	<ul style="list-style-type: none"><li>• 2 bay leaves</li><li>• 1 sprig thyme</li><li>• 1 clove</li><li>• 1 tsp grated nutmeg</li></ul>	
	4	<p>Before serving add the lemon juice, the orange zest and broil for 5 minutes in the oven.</p>	<ul style="list-style-type: none"><li>• the juice of 1 lemon</li></ul>	