



Russell Hobbs

DUALCHEF PRESSURE COOKER Recipe

BRAISED LAMB SHANK

Function: SLOW COOK

Time: 8-12 hours

Serves: 4

INGREDIENTS

4 lamb shanks	3 cloves garlic, crushed
1 tsp salt	2 tbsp tomato paste
1 tsp Freshly ground black pepper	500ml beef stock
2 tbsp olive oil	125ml tomato sauce
3 tbsp butter, divided	2 sprigs rosemary
1 onion, chopped	250ml red wine (dry and bold reds wines, such as Cabernet Sauvignon)
2 medium carrots, peeled & finely chopped	

METHOD

1. Season lamb shanks with salt and pepper in the **Russell Hobbs DualChef** pot, select the SAUTÉ function and heat oil. Add 2 lamb shanks at a time and cook until golden all over, about 7 minutes per side. Remove lamb from the pot and place on a plate.
2. In the pot, melt 30ml butter over medium heat. Add onion and carrots and cook until soft for 4 minutes. Add garlic and cook until aromatic, 1 minute more, then add tomato paste and stir until vegetables are coated.
3. Pour in stock and tomato sauce, then return the lamb shanks into the pot. Add rosemary and bring to a boil. Cover and select SLOW COOK function and cook until lamb shanks are completely tender, 8-12 hours.
4. Remove lamb from pot and place on a cutting board. Tent with foil to keep warm. Discard rosemary.
5. For red wine jus, select SAUTÉ function; over medium heat, add wine and bring to a boil. Reduce heat and let it simmer until thickened for about 10 minutes. Stir in remaining 15ml butter.

Serve while warm

Chef's tip:

1. Refrain from using expensive red wine for slow cooking.
2. If you'd prefer to use white wine rather than red, the quantity isn't limited.

