

Chef from the Hood Recipes



Chef:

Luis Ramos & Alex Gascon

Restaurant:

Tuscany Ristorante

Recipe:

Tuscany Ristorante's Braised Lamb Shank with Italian herbs & Zinfandel Sauce!

Ingredients:

6 lamb shanks
1 cup local extra virgin olive oil
1 cup EACH of chopped:
celery, carrots & shallots
4 cups Zinfandel
1 cup water
1 tablespoon EACH
of fresh herbs, chopped:
basil, oregano, mint & rosemary
6 bay leaves
1 tablespoon black pepper
2 cups beef stock

At Tuscany Ristorante, Executive Chef Alex Gascon makes this satisfying dish by slowly simmering braised lamb shanks with fresh local herbs, St. Francis Old Vine Zinfandel and housemade beef stock. The shanks are served with polenta to absorb the flavorful sauce and red cabbage cooked in a little more of the wine, a dash of sugar and some cream is served on the side. If you don't have time to make stock, use canned (Chef Alex recommends using low-salt stock and be sure to taste before adding any more salt to the finished dish). This recipe makes a hearty dinner for six.

Brown lamb shanks (in a pan with some of the oil) or on the grill and set aside. Heat the remaining oil in a pan & add the vegetables. Sauté until they start to get golden. Add the wine & water to the vegetables. Bring to a boil. Add all herbs, pepper & beef stock. (Taste sauce & add salt if needed). Place browned lamb shanks in a single layer in an ovenproof pan. Pour the Zinfandel sauce over the shanks. Cover pan with aluminum foil or a fitted cover. Cook for 1 1/2 hours at 450°. Use plates with deep sides to hold the juice. Place a shank on each and add a serving of polenta, pasta, gnocchi or mashed potatoes. Divide the sauce amongst the 6 plates, placing a bay leaf on each. Mangia!