



Total Locals Club

Recipes for Pairing with Total Locals

Club October 2007 Selections

To be paired with *Syrah* wines

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Lamb Shanks with Syrah Sauce

Serve the shanks on a bed of garlic mashed potatoes, with syrah wine sauce and topped with caramelized onions.

Serves 8

Ingredients:

Lamb Shanks

- 8 lamb shanks
- 1 tablespoon olive oil
- 1 tablespoon sugar
- 1 ½ cups Syrah wine
- 2 cups beef stock
- 3 cloves garlic, crushed
- 1 medium onion, chopped
- 1 tablespoon fresh rosemary, chopped
- 1 tablespoon fresh oregano, chopped
- 1 tablespoon fresh thyme, chopped
- ½ cup fresh parsley, finely chopped

Caramelized Onions

- 3 Tbsp. butter
- 2 medium red onions, sliced thinly
- ¼ cup brown sugar

Method:

Lamb Shanks

Preheat oven to 325°. Heat olive oil in a large pot on the stove. Cook shanks till browned all over. Sauté onion and garlic till translucent. Stir in sugar, wine, stock, garlic, herbs, salt and pepper. Bring to boil gently, stirring occasionally so that the shanks don't stick to the bottom of the pan. Transfer the lamb and liquid into an oven dish, cover and roast at 325° for approx 3 hours till tender. Turn shanks twice during cooking. Remove lamb from dish, cover to keep warm. Pour the liquid into a medium saucepan and simmer until reduced by ⅓.

Caramelized Onions

Cook onions and butter in medium saucepan on high heat for 2-3 minutes, turn the heat down, stir in sugar and cook for about 20 minutes, stirring occasionally until the onions are caramelized and soft.

