

Lamb Shank with Orzo

Serves 4-6

Main Ingredient:

1 lamb shank per person

Seasoned Flour Ingredients:

1 cup flour
1 pinch Cayenne pepper
½ Tbsp. Paprika
2 tsp. Salt
½ tsp. Black pepper

Additional Ingredients:

½ cup Olive oil
4 cups Carrots, chopped fine
6 Garlic cloves, chopped fine
½ cup Onions, chopped fine
1 cup Red wine
1 14 ounce can tomatoes, crushed
6 cups Beef broth
1 cup Feta cheese, crumbled
16 ounces Orzo pasta
2 Tbsp. Chicken broth, powdered
2 Tbsp. Butter

Preparation:

Preheat oven to 475 degrees F. Prepare seasoned flour. Liberally coat shanks with it.

In skillet, heat olive oil and sear shanks on all sides (around 15 minutes). Remove meat from skillet, discarding fat. Add the rest of the olive oil, carrots, garlic, and onions. Saute for five minutes and deglaze with red wine. Return the meat to skillet. Add tomatoes and beef broth. Cover and braise for 55 minutes. Transfer from skillet to baking dish. Add feta cheese. Bake for 35 minutes in 475 F oven.

Cook orzo pasta in hot water with chicken stock. Drain, add butter and serve with lamb shanks.