

## INGREDIENTS:

4 lamb shanks

1 tablespoon each honey, fresh chopped thyme and fresh chopped rosemary

1 large onion

Sea salt

Freshly-ground black pepper

Olive oil

**TIME:** 2 hours

**SERVING:** 4 people



Peel and finely slice the onion and sweat in a little oil in a casserole until translucent. Add the lamb shanks, increase the heat slightly and brown on all sides. Reduce the heat to a minimum then add the honey, turning the shanks so they are all coated. Add the thyme and rosemary and turn them again to coat. Add 200ml water and plenty of salt and pepper, bring to a boil then turn down the heat once more, cover and simmer very gently for an hour and 45 minutes, shaking the pan now and then to prevent sticking. At the end of cooking time transfer the shanks to a warm serving dish, reduce the sauce to a syrupy consistency, pour over the meat and serve.

*Enjoy! Malcolm & Julie Pyne*

## YOUR NOTES: