

INGREDIENTS:

4 lamb shanks
15 no-soak prunes
3 garlic cloves
1 bay leaf
15 baby potatoes
2 large onions
50g butter diced
A few sprigs of thyme
2 tablespoons sunflower oil
Sea salt and freshly-ground
black pepper

TIME: 2.5 hours

SERVING: 4 people



Heat the oil in a large casserole, add the shanks and brown on all sides. While they are cooking peel and quarter the potatoes, peel and thinly slice the onions and peel and halve the garlic cloves. Add these to the pot once the meat is well-browned together with the thyme, bay leaf and prunes. Season well, dot with the butter and add a good drizzle of oil then cover and cook gently over a very low heat for two hours, shaking now and then to prevent sticking.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: