

Braised Lamb Shanks with Lentils

<http://userealbutter.com/2010/12/17/braised-lamb-shanks-recipe/>
recipe from [The Seattle Times](#)

1 tbsp vegetable oil
4 lamb shanks (about 1 pound each) trimmed of excess fat and connective tissue
salt and black pepper
1 medium onion, chopped fine (about a cup)
6 garlic cloves, peeled and smashed
1 sprig fresh rosemary
2 bay leaves
1/2 tsp black peppercorns, crushed
12 oz. amber ale (I used Singletrack Copper Ale)
1 1/2 cups chicken broth (more if necessary)
1 medium leek, white part only, chopped fine (about 1 cup)
2 celery stalks, chopped fine (about 1 cup)
1 medium parsnip, peeled and chopped fine (about 3/4 cup)
1 medium carrot, peeled and chopped fine (about 1/2 cup)
3/4 cup French green (Le Puy) lentils
1 tbsp fresh parsley, chopped

Follow the link above (http://seattletimes.com/html/foodwine/2008379230_recipe12nancylambshanks.html) for method.