

For the root vegetables, toss the vegetables in oil and season, then roast at 350 degrees for about an hour.

For the shanks, sear in vegetable oil until browned on all sides. Place the shanks in a dutch oven with all of the other ingredients and cover tightly. Place in a 350-degree oven for 4½ to 5 hours until the shanks look as if they are about to fall off of the bone. Remove the shanks and strain off the braising liquid; discard the vegetables.

For the sauce, place the reserved braising liquid in a heavy bottom saucepan and reduce by one third, skimming off any excess oil from the top.

For the spaetzle, mix all ingredients until formed into a loose, smooth dough. Place a colander over a large pot of salted boiling water, making sure there is room between the water and colander. Place the batter into the colander and let it drip into the water. (Use a rubber spatula if needed to help push the mixture through.) Let the water come back to a boil, and the spaetzle will float. Strain them off, and treat this as you would any pasta. Either serve immediately or cool and oil them for later use.

To plate, take the reduced liquid and add the spaetzle and root vegetables. Ladle into a soup bowl and place the lamb shanks on top and enjoy.

Braised Lamb Shanks with Root Vegetables and Chive Spaetzle

SERVES 4

FOR THE ROOT VEGETABLES

1 carrot, *diced*
 1 parsnip, *diced*
 1 turnip, *diced*
 1 celery root, *diced*
 1 tablespoon vegetable oil
 salt and pepper

FOR THE SPAETZLE

3 eggs
 1 cup flour
 1 cup water
 ½ cup chopped chives
 pinch of salt

FOR THE SHANKS

4 lamb hind shanks
 2 tablespoons vegetable oil
 2 carrots, *diced*
 ½ head celery, *chopped*
 2 large Spanish onions, *peeled and quartered*
 1 (14½ oz.) can *diced tomatoes*
 ½ cup tomato paste
 1 cup red wine
 3 cups chicken stock
 2 sprigs each rosemary and thyme
 3 bay leaves
 salt and pepper



March/April 2007
 www.lowcountrylivingmagazine.com

PROVIDED BY *Lowcountry* Living

cut along dotted line & fold

