
RECIPE OF THE WEEK

Braised Lamb Shanks & Olives

This is a typical Puglia meets the Middle East kind of recipe which comes from the heel of Italy where there is still a Greek influence since

on Locorotondo in Puglia where we tried this recipe.

8 lamb shanks, trimmed
2 tablespoons flour
1 tablespoon olive oil
1 red onion, sliced
3 garlic cloves, lightly crushed
4 anchovy fillets, drained and chopped
2 teaspoons Alex's seven spices
200 ml red wine, Primitivo is my choice
200 ml hot beef stock
400 g chopped tomatoes
150 g nocellara olives
1 tablespoon pomegranate syrup
pinch of paprika
8 fresh basil leaves, torn
Trapani sea salt & pepper



Puglia used to be a Greek province before the age of Christianity. The maritime influence gets more pronounced the further South you travel whilst Brindisi is still the gateway to the Mediterranean for mainland Italy.

Puglia is famed for its lamb from the Gargano peninsula where the breeds of lamb are more primitive and much more adapted to the climate and scrubland - much like our own native breed the Manx Loaghtan from the Isle of Man. We're lucky that one of our friends, George Steriopoulos, is the man who won the breed PDO status has moved his flock from the Isle to nearby Grandborough so we can enjoy this recipe as we would in the trattoria or osteria

Preheat your oven to 325°F/160°C/ Gas Mark 3. Dust the lamb shanks with the flour or St Vincent arrowroot and season with sea salt and a screw of black pepper. Heat your oil in a large flameproof casserole, throw in the lamb shanks, and brown over medium heat, turning occasionally, for 8–10 minutes. Transfer the lamb shanks to a plate and add the onions and garlic to the casserole. Reduce the heat and cook, stirring occasionally, for 5 minutes until softened. Add the anchovies and seven spices seasoning and return the shanks to the casserole. Tip in the red wine and cook for a few minutes, then add the hot stock and chopped tomatoes. Bring to a boil, cover, and transfer to the oven or slow cooker. Slow cook for 2 hours or until the lamb is very tender and falling off the bones, then remove from the oven. Return the casserole to the stove, add the olives, pomegranate syrup, and paprika, and simmer for 15 minutes. Stir in the basil, taste and adjust the seasoning, if necessary, and serve. Serves 8. Takes about 30 mins prep and 2 1/2hrs cooking.

To download this recipe go to www.squisito-deli.co.uk
