



DRAGON SIX'S BRAISED LAMB

This recipe was chosen because it pairs well with any of the 3 wines in your club pick-up, really. Feel free to substitute lamb with veal if you prefer.

Ingredients:

- 3 to 4 lamb shanks
- 1 medium onion
- 1 C chopped celery
- 1 C chopped carrot
- 3 to 4 cloves garlic minced
- 1C dry red wine
- 1 1/2 C chicken stock
- 1 cup chopped tomato
- 1/2 C fresh chopped cilantro
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Seasonings:

- 1T cumin
- 1t rosemary
- 1t thyme
- 1 t cardamom or 2 to 3 pods
- 1/2 t chili flakes or more if you like it spicy
- Salt and pepper to taste

- In a Dutch oven sear meat in oil on all sides on medium high heat until nicely browned
- Remove meat and set aside, Reduce temperature to low
- In the same pan add the spices and gently cook for 1 minute
- Add onion, garlic, celery, and carrots and cook for ~7 minutes
- Add wine, chicken stock and tomatoes
- Heat on high
- Return shanks to pan
- Bake at 275 degrees for 2 1/2 hours
- Add more stock as needed

Serve over couscous, rice, cauliflower rice, quinoa, polenta or lentils, your choice. Garnish with cilantro. Add a green salad and you are done!