



Braised Lamb Shanks with White Beans, Swiss Chard, and Marjoram

Serves 4-6

Ingredients:

- 1/2 Lb. dried small white beans soaked until rehydrated
- 1 Bay leaf
- 4 Cloves garlic
- 7 Cups water
- 1 Tsp. sea salt
- 1/2
 - 1 Lamb leg, sliced 1 inch thick
 - Sea salt
 - 1 Tbsp. olive oil
 - 2 Medium onions, sliced thick
 - 3 Medium carrots, peeled and cut 2-inch pieces
 - 2 Medium celery stalk, cut 2-inch pieces
 - 4 Medium cloves garlic, minced
 - 2 Tbsp. tomato paste
 - 3 Tsp. fresh marjoram leaves, minced, or 1 1/2 teaspoons dried marjoram
 - 3 Cups chicken stock
 - 2 Cups dry white wine
 - 3 Oz Swiss chard, cleaned, stemmed, and chopped coarsely
 - Salt and pepper, to taste

Method:

For Beans: Bring dried beans, bay leaf, garlic, and water to a boil in large saucepan, reduce to a simmer. Cook until beans are just tender, 30 to 40 minutes. Remove from heat, stir in salt, cover, and let beans stand until completely tender, about 15 minutes. Drain, reserve cooking liquid, and discard bay leaf and garlic.

For Lamb: Heat oven to 350 degrees. Sprinkle pieces with salt. Heat oil in a large sauté pan. Cook the lamb until browned on both sides, 5-7 minutes. Transfer to a plate.

(Over)



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In the sauté pan; add onions, carrots and celery, sauté to soften vegetables slightly, 3 to 4 minutes. Add garlic, tomato paste, a light sprinkling of salt and 2 teaspoons of the marjoram. Add wine and chicken stock to the skillet, stirring with a wooden spoon to loosen browned bits from skillet bottom. Bring liquid to simmer; transfer vegetables and liquid into a deep braising pan, large enough to hold the lamb in a single layer. Add lamb, season with salt, pepper, and remaining marjoram.

Cover pan (with foil if pan has no lid) and transfer it to the oven; braise for 1 hour. Uncover and continue braising until tops are browned and somewhat dry, about 30 minutes. Turn and continue braising until remaining side has browned and shanks are fall-off-the-bone tender.

Remove pan from oven; let shanks rest for at least 15 minutes. Carefully transfer lamb to the plates. Arrange a portion of vegetables around each shank. Skim excess fat from braising liquid. Add beans and chard and remaining 1 teaspoon marjoram; cook over medium heat until greens wilt, about 5 minutes. Adjust seasoning. Spoon a portion of braising liquid over each shank and serve.