Lamb Shank - Darlene Estabrook

Preamble
My mother's favourite recipe. She made this for her turn at Sunday dinners into her 90's. One lamb shank feeds 2. I cook two and freeze the other. Use the amount of sauce in the recipe even if only cook 2 shanks. The extra sauce makes a great soup, just add chicken broth to the excess. The shanks need to be covered in the broth for cooking. It was meant for a slow cooker but mine isn't large enough so I just cook it in a dutch oven on the stove so it is barely boiling.
I serve it with a Greek potato recipe from a friend.

Ingredients For The Lamb	Measure	6-8 Servings	3-4 Servings
Lamb Shanks (approx. 4 lbs)		6	3
Salt and Pepper	Tsp	½ each	¼ each
Olive Oil (divided)	Tbsp	2	1
Onion, finely chopped		1	½
Diced carrots, fennel (or celery)	Cup	1 1/2	3/4
Garlic, minced	Clove	2	1
Thyme, dried	Tsp	1	½
Fennel seeds (if celery used)		Some	½ Some
Dry white wine or sodium reduced chicken stock	Cup	1	½
Chicken stock, sodium reduced	Cup	1	½
White navy beans drained and rinsed. (I used 1 can navy and 1 can lima beans.)	19 oz can	2	1
Sun dried tomatoes, oil-packed, or 2 Tbsp tomato paste	Cup	½	¼
Parsley, fresh, chopped	Cup	¼	1/8

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Instructions
- Sprinkle lamb with S&P, in a large skillet heat half the oil on medium, heat and brown lamb in batches. Transfer to a plate.
- Drain oil and add 1 T fresh oil.
- Add carrot, onion, garlic, celery, thyme and fennel seeds. Stir 'til softened (5min)
- Add wine and chicken stock and bring to boil, scraping the brown bits.
- Pour into slow cooker, add lamb, beans and tomato
- Cover and cook for 6 hrs. Lamb will fall off bone. Transfer lamb to plate
- Skim off fat in cooker and add parsley.
- Spoon into shallow bowls and top with lamb. I just serve on a plate with potato and vegetable

Greek potatos:
- 5 lbs, peeled & cut in 1/4s lengthwise, toss with 1.5 c (low sodium) chicken broth, pepper, oregano, dried parsley, 3-4 garlic cloves, 1 M onion, 2-3 lemons
- Mix well and bake about 1.5 hrs