

SOUS VIDE LAMB SHANK



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- Rub shanks with Olive oil, add 4 sprigs of thyme and vacuum seal.
- Sous Vide for 48 hours (YES – 2 DAYS!) at 62°C.
- Reserve liquid from vacuum bags for your gravy.
- Then... fry shanks in clarified butter until brown (2 min a side).
- Make your gravy of choice from liquid from vacuum bags.

Sauce:

- 1/2 cup brandy
- 1 cup brown sugar
- 1 cup brown vinegar
- 1 onion finely chopped
- 1 peeled tomato and chopped
- 30 ml tomato sauce
- 10 ml Dijon mustard
- 5 ml cumin
- 1 ml chilli powder
- 2 ml cinnamon
- 5 ml paprika
- 5 ml mustard powder
- 2 bay leaves
- 5 ml salt
- Zest of one orange

Place all the ingredient in a pot with liquid from teh shanks,
boil to reduce... serve with the shanks.

Photo and recipe : Elize de Kock