

SLOW BRAISED LAMBSHANKS



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4 Lamb Shanks

2 tins chopped tomatoes

2 tins of water (I used the chopped tomato tins)

1 small tin tomato paste

1 bay leaf

6 sprigs thyme or (I used dried thyme 1 Tbs)

1 tsp black pepper

4 tsp salt

4 cloves garlic or

Pre-heat oven to 180 ° C

Place the lamb Shanks in an oven-proof dish (I used a cast iron pot)

In a bowl, combine the chopped tomatoes, water, tomato paste, salt and pepper and pour over the lamb Shanks.

Add the bay leaf, thyme and garlic and cover the dish with the lid

Place in the oven and allow to braise for 2-3 hours until the lamb Shanks are Cooked through and fall off the bone tender.

Cauliflower puffs

Boil broccoli florets for 2 minutes

In a bowl mix together 1 kp flour, 2 eggs, salt, pepper and spice veggie. Mix together. Pour milk little by little by until the dough limp but not runny not. Add the florets in the dough and bake in hot oil until done

creamed spinach

Cook spinach until cooked. Make white sauce and toss spinach

in the sauce. Stir little cream and simmer for another so few minutes until creamy spinach

Sweet pumpkin I used Hubbard squash and just cooked until tender and sugar, butter and cinnamon mixed

The baked potatoes I in olive oil in the oven at 190 ° C. I used steers's salt over the food.

Photo: Juanita Vermeulen