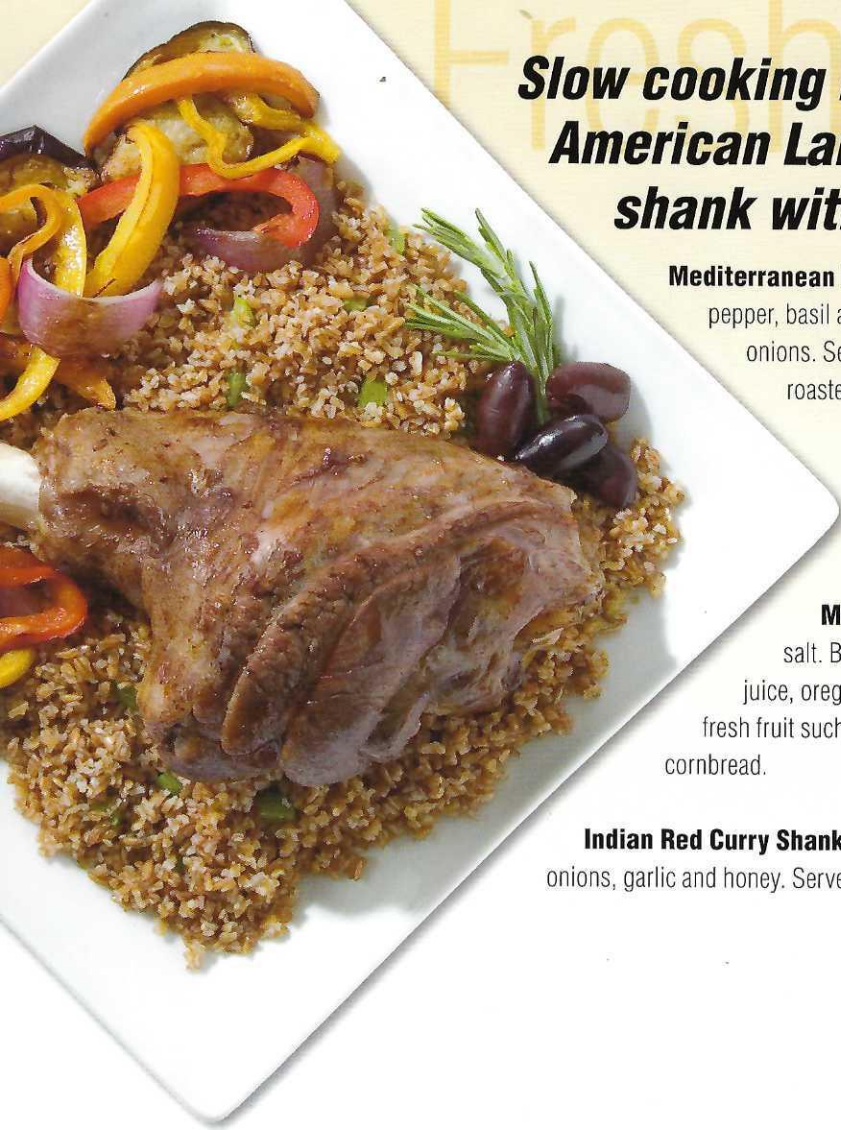


Slow cooking brings out depth of flavor in American Lamb Shank. Combine the lamb shank with a range of ingredients:



Mediterranean Lamb Shank (pictured) — Season shank with garlic, lemon juice, salt, pepper, basil and fennel. Brown and braise with cabernet, Kalamata olives and small red onions. Serve with cracked wheat mixed with chopped green bell peppers and oven-roasted vegetables.

Lamb Shank Osso Buco — Brown shank with onions, garlic, oregano and a splash of red wine. Braise to perfection and serve with crisp salad and French bread for dipping into sauce.

Mexicali Lamb Shank — Rub shank with garlic, chipotle chiles and salt. Brown on all sides. Braise in sauce made of chopped tomatoes and juice, oregano, chipotle chiles, brown sugar and Worcestershire sauce. Serve with fresh fruit such as mango, papaya or pineapple, rice with toasted sliced almonds and cornbread.

Indian Red Curry Shank — Braise shank in chicken stock with red curry paste, coconut milk, onions, garlic and honey. Serve with chopped peanuts, crushed pineapple and golden raisins.

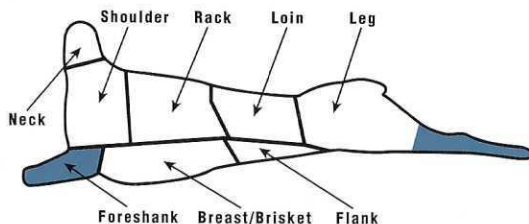
Desired Doneness
Lamb shank should be braised until meat is tender.



Foreshank – Lamb foreshank come from the front legs of lamb. Best prepared by braising.



Hindshank – Lamb hindshank come from the back legs of lamb and are larger. They can be frenched. Best prepared by braising.



For more recipes and information, visit AmericanLamb.com