

Braised Lamb Shanks



Ontario lamb shanks rosemary and red wine braised, with rustic mashed potatoes and roasted carrots, parsnips, and acorn squash.

Heating Instructions:

Remove lamb from fridge 30 - 45 min prior to placing it in a 375 over for 35 - 45 min (alternately can be heated on the stove top in an appropriate pan on medium heat)

Vegetable can be heated in the same oven for 12 - 15 min.

Potatoes can be heated in the microwave or in a large sauté pan on the stovetop. (Optional boil a large pot of water, when boiled immerse the bag of mashed in the water and turn to a low simmer for 20 - 30 min)

* all times are approximate, as all ovens are slightly different. Convection mode is recommended.