

# Braised Lamb Shanks with Apricots

Total time **70 mins** 70 mins preparation time

Nutritional facts (per portion):  
**4,293 kJ / 1,029 kcal**

Fat: **63.3 g** Protein: **53.6 g**  
Carbohydrates: **46.5 g**

## INGREDIENTS

4 portion(s)

### For the lamb shanks

**4** small lamb shanks  
**4 tbsp** rapeseed oil  
**1 tbsp** tomato pureé  
**2** onions  
**2** garlic clove  
**2** cinnamon sticks  
**3** bay leaves  
**100 g** dried apricots  
**50 ml** [Kikkoman Naturally Brewed Soy Sauce](#)  
**700 ml** beef stock  
**200 ml** dry red wine

### For the potatoes and Brussels sprouts

**500 g** potatoes, peeled  
**400 g** Brussels sprouts  
**160 g** hazelnuts  
**2 tbsp** rapeseed oil  
**1 tbsp** [Kikkoman Naturally Brewed Soy Sauce](#)

## PREPARATION

### Step 1

Rinse and dry the potatoes and Brussels sprouts. Meanwhile, preheat the oven with baking tin inside to 250 °C.

### Step 2

Marinate the shanks with rapeseed oil and sear in the preheated baking tin.

### Step 3

Peel and quarter the onions, then peel and press the garlic. Roast both ingredients in the baking tin.

### Step 4

Meanwhile, mix the red wine with the tomato purée and 50 ml [Kikkoman Soy Sauce](#), and add the mixture to the lamb shanks. Add the cinnamon sticks, apricots, and bay leaves.

### Step 5

Reduce the liquid and then top this up again using the beef stock. Then cover the baking tin and roast everything for approx. 40 minutes.

### Step 6

In the meantime, peel the potatoes and put them in cold water with 4 pinches of salt. Remove the outer leaves from the Brussels sprouts, cross cut the stalks with a knife, then blanch the Brussels

sprouts with 4 pinches of salt in boiling water for approx. 5 minutes.

### **Step 7**

Toast the hazelnuts in a pan and season with 2 tbsp rapeseed oil and 1 tbsp Kikkoman Soy Sauce.

### **Step 8**

Mix the potatoes together with the Brussels sprouts, some melted butter, 1 tbsp Kikkoman Soy Sauce/salt and fresh pepper, and then top with the hazelnuts.

### **Step 9**

The lamb shank should be tender after 40 minutes cooking time. Serve everything together as soon as the lamb is ready.