

Braised Lamb Shanks with Apricots

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

Nutritional facts (per portion):
4293 kJ / 1029 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.