KIKKOMAN

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.