



Lamb shank Avgolemono

 Serves 2 - 3

Recipe by Dillon Kesur

INGREDIENTS

- 1 tbs butter
- 1 medium onion, chopped
- 1 small carrot, chopped
- Handful of parsley stalks, chopped (or 1 stick of celery)
- 2 lamb shanks
- Salt and pepper
- ¼ cup white wine
- Hot water (enough to just cover the shanks)
- 8 baby onions
- 1 leek, cleaned and cut into 2-inch rounds

DIRECTIONS

- Melt the butter in a large saucepan. Mix in the chopped onion, carrot, and parsley stalks. Salt and pepper to taste. Gently stir in the lamb shanks.
- Cover and allow to simmer for 15 minutes, stirring occasionally to make sure the meat and vegetables do not brown. Add a tbs or two of water if needed to prevent frying
- Add the white wine and enough hot water to just cover the lamb shanks. Bring to a boil. Add the baby onions, chopped leek, parsley leaves, and fennel or dill leaves, then cover and simmer for 1 to 1.5 hours, until the lamb is tender.
- Remove the shanks and strain out the vegetables, gently setting the shanks, baby onions and leek aside to keep them whole and warm.



Sundays

with Lucie Cutting

on 936AM and the ABC listen app





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INGREDIENTS CONT.

- A small handful of parsley leaves (plus extra for garnish)
- ¼ cup wild fennel leaves or dill, chopped (plus extra for garnish)
- 1tbs cornflour mixed with 4tbs cold water
- 1 egg
- 1 to 2 lemons, juiced
- Lemon wedges, to serve

DIRECTIONS

- Bring the remaining lamb stock to a boil and reduce it by half while skimming most of the fat off the surface. Turn down the heat, stir in the cornflour mixture, and keep stirring until it returns to a boil. Turn off the heat and let it cool slightly for 5 to 10 minutes.
- Make the Avgolemono sauce:
- Beat the egg and lemon juice together until thoroughly mixed. Slowly add ½ cup of the warm lamb stock into the egg and lemon mixture while stirring continuously, then pour it all back into the pot containing the remaining stock. Heat almost to a boil, while stirring.
- Gently add the warm lamb shanks, baby onions and leeks back into the stock along with extra parsley and fennel or dill leaves. Serve with an extra wedge of lemon per person.