

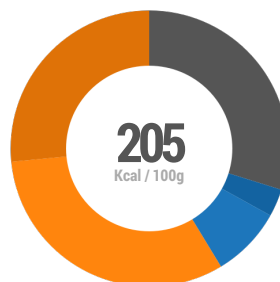
Slow Cooked Lamb Shank & Root Vegetable Pie

A slow cooked lamb shank served with a delicious gravy infused with root veg, rosemary and redcurrant jelly topped with crispy puff pastry - perfect for 2 to share!

By Oliver Lloyd from Brakes

Overview ...

U / 7986650



CALORIES:

11.5% Carbs

29.8% Protein

58.7% Fat

Food Labelling...

Serves **2**

CONTAINS:



OATS, WHEAT,
BARLEY



MILK



CELERY



SOYA

Recipe Ingredients ...

	Quantity:	Description:
32932 Slow Cooked Lamb Hind Shanks - BRAKES	435g	1x Each
10377 Celeriac - BRAKES	50g	0.05x Each
450694 Carrots - BRAKES	50g	0.03x Each
10291 Large Onions 2.5kg - BRAKES	50g	0.02x Each
10228 Celery - BRAKES	50g	0.1x Each
114659 Macsween of Edinburgh Black Pudding 1.36kg - BRAKES	50g	0.04x Each
113877 Rosemary	5g	
100311 Brakes Redcurrant Jelly - BRAKES	10g	0x Each
460653 Jus-Rol 96 Puff Pastry Rounds 5.1kg	54g	1xEach
10718 Brakes Demi Glace Sauce - BRAKES	100g	0.1x Each
11127 Brakes Unsalted Butter - BRAKES	15g	0.06x Each

Products / Pack Sizes ...

1 Serving



 *Product code*

 *Barcode*

 435g / 898kcal

1

Cooking Instructions & Notes

Preparation:

- Defrost the lamb
- Defrost the pastry lid
- Dice the onion, carrot, celeriac, celery
- Dice the black pudding
- Chop the rosemary

Method:

1. Remove the meat from the shank and remove any fat and sinew - reserve the meat
 2. Clean the bone and remove any splinter bones.
 3. In a pan over a medium heat caramelise the vegetables in the butter along with the rosemary until softened.
 4. Add in the redcurrant jelly, mix well
 5. Now add the black pudding and stir carefully so it doesn't break up too much.
 6. Mix in the lamb and demi glace, simmer gently until heated through.
 7. Transfer to a suitable dish and place the shank bone in the centre.
 8. Carefully wrap the pastry around the dish with the bone sticking through.
 9. Bake in the oven for approx 10 mins at 180oC
 10. Remove from the oven, garnish the bone with a sprig of rosemary - serve!
- NB. For extra colour brush egg wash over the pastry lid prior to cooking