



Balsamic Sumac Seasoned Lamb Shanks

1 sprig rosemary
2 sprigs thyme leaves
2 Tablespoons unsalted butter
2 sage leaves
1 Tablespoon olive oil
2 lamb shanks, about 1-1/2 pounds
1 Tablespoon olive oil
1/4 teaspoon (each) salt; black pepper
1/2 teaspoon sumac
3 carrots, peeled, cut into slices
1/2 onion, minced
2 large garlic cloves, unpeeled
2 rosemary sprigs
4 sage leaves

Balsamic Red Wine Sauce:

2 Tablespoons oil
2 Tablespoons Balsamic vinegar
1/2 cup vegetable broth
1/4 cup red wine

Salt and black pepper to taste
Garnish: Rosemary sprigs as desired

Set the circulator to 66C or 150.8 F on sous-vide.

Remove the leaves from rosemary and thyme. In a small food processor, combine the butter, rosemary, thyme, sage leaves, and 1 Tablespoon olive oil to form herb butter.

Use a small knife and cut between lamb shank meat and bone from the base of the shank upwards, forming a pocket to put your finger in.

Insert the herb butter into the pocket of each lamb shank.

Rub lamb shanks with olive oil; season with combined salt, pepper, and sumac.

For each lamb shank: Place one shank into a sous-vide pouch and half of the carrots, onions, and garlic, a sprig of rosemary and 2 sage leaves.

Vacuum seal each packet. Cook shanks at or 66 C150.8. for 16 hours.

Open cooking packets, remove lamb shanks; pat off lightly to remove moisture. Set aside. Remove; discard the cooked herbs. Drain off the juices from the carrots, onions, and garlic into a small bowl.

Remove; discard the peels from the garlic; chop garlic, replace with carrot mixture. Place 2 Tablespoons oil in 12 inch hot skillet, sear the lamb on all sides in oil about 3 minutes. Use a spatter screen over the skillet. Remove; set seared lamb aside to stay warm.

Place 2 Tablespoons Balsamic vinegar in hot skillet. Add 1/2 cup vegetable broth, 1/4 cup red wine, and drained lamb drippings; scrape up any crusty bits from the skillet bottom; cook sauce over 5 minutes on medium heat. Season with salt and pepper to taste. Strain sauce.

Place warm lamb shanks and vegetables in serving pan; pour the hot sauce over. Serve hot; garnish with rosemary sprigs. Serves: 2

About the Recipe: Give yourself a head start by cooking the lamb shanks with the vegetables in a sous-vide for 16 hours. Oh so, easy! Then just make a quick, balsamic red wine sauce to pour over the lamb and vegetables. Add a simple fresh rosemary sprig for garnish. It's doing gourmet, easy style. The lamb is so tender, flavorful, and a perfect comfort food.

For More Information: See: <https://allthecooks.com/@petercoffey/lamb-shanks-sous-vide-with-rosemary-sage-and-thyme-butter-58NRNNrTr>