

healthy body



healthy mind

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Slow Roasted Lamb Shanks with Celeriac Mash

- 2 lamb shanks
- 1 Leek roughly chopped
- 2 Carrots roughly chopped
- 4 whole Shallots
- 3 Clove of garlic
- 3 sprigs rosemary
- 3 Bay leaves
- 2 glasses of red wine
- 1 pint of chicken stock
- ½ celeriac peeled and cubed
- 1 Dessert spoon of Low fat cream cheese
- 2 Pinches of nutmeg

Brown off the shanks in a pan and put to one side to rest.

Using the same pan throw in the carrots, leeks and shallots and mix round adding the garlic, bay and rosemary. Pour the wine in with the stock and bring to the boil before adding the shanks and any juice that may have seeped out.

Now it can be covered and transferred to a pre heated oven at 150c for 3 to 4 hours.

Boil the celeriac for around 8 minutes or until it slides off the blade of a sharp knife when poked.

Drain and mash the celeriac before adding the cream cheese and nutmeg. Season to taste.