



## Braised Lamb Shanks Serves: 4-6

### Ingredients:

|   |                             |
|---|-----------------------------|
| 6 lamb shanks                                 | 3 tablespoons tomato paste  |
| Salt and freshly ground black pepper to taste | 2 cups red wine             |
| ½ cup flour                                   | 1½ cups beef stock          |
| 4 tablespoons olive oil                       | 2 bay leaves                |
| 1 yellow onion, chopped                       | 1 teaspoon dried thyme      |
| 1 rib celery, diced small                     | ½ teaspoon dried oregano    |
| 1 medium carrot, diced small                  | 1 orange, juiced and zested |
| 2 cloves garlic, smashed                      | 1 lemon, juiced and zested  |
|   | Fresh parsley, chopped      |

### Directions:

1. Place flour in shallow wide dish.
2. Season lamb with salt and pepper and dredge in flour to coat well.
3. Press **“sear”**, set to 12 minutes, then press **“start/stop”**.
4. Add olive oil to Cooker. Working in batches, sear lamb on all sides until dark brown; set aside in covered dish.
5. Add carrots, celery, onions, garlic, and tomato paste and sauté.
6. Add red wine to pressure cooker and deglaze any bits off the bottom.
7. Add stock, juices, zests, bay leaves, spices and lamb.
8. Close lid and lock.
9. Press **“meat/stew”**, set to 35 minutes, then press **“start/stop”**.
10. When done, the pressure cooker will automatically go to the **“warm”** feature and the pressure will release naturally.
11. Carefully open lid, season lamb, remove the meat and set aside.
12. Press **“sear”**, set to 5 minutes, and press **“start/stop”** to thicken sauce.
13. Once sauce has thickened, pour over lamb and garnish with parsley.

**Tip:** Use beef stock in place of red wine.