



*fume Bistro & Bar*  
*Cabernet & Balsamic Braised Lamb Shanks with Lemon*  
*Gremolata*  
*paired with*  
*Crocker & Starr 2001 Stone Place Cuvee – Winemaker Pam Starr*

**Ingredients: (Serves 6)**

6 lamb shanks, about 1 # each  
Kosher salt and freshly ground pepper  
½ c duck fat (sub vegetable oil)  
2 onions, peeled and finely sliced  
2 carrots, diced medium  
2 stalks celery, diced medium  
3T chopped garlic  
2 bay leaves  
6 tomatoes, cut into 1/8's  
1 c Balsamic Vinegar  
Zest from 2 lemons  
4 sprigs thyme  
8 parsley stems  
2 c Cabernet  
2 c Veal or beef stock-or use canned  
2 T chopped parsley (from stems)

**Preparation:**

1. Preheat oven to 300 F degrees.
2. Dry the lamb shanks with paper towels and sprinkle them generously with salt and pepper. In a 5 inch deep Dutch oven (or other large oven proof pot with a lid), heat oil over medium-high until very hot but not smoking. Add the shanks in single layer and cook until well browned on all sides, 10 – 15 minutes. Transfer the shanks to a platter as they are done.
3. Pour off all but 2 tbsp. fat from the pot. Add the onions and cook, stirring occasionally, (until translucent, about 7 to 9 minutes). Add the carrots and celery and stir occasionally, for about 5 minutes. Add 2 T garlic, thyme, parsley stems and bay leaf and stir for 1 minute or more.
4. Return the lamb to the pot and pour in the wine, vinegar and stock. (The liquid should come about halfway up the sides of the shanks. Bring to a simmer, stirring to incorporate any brown crusty stuff in the bottom. Skim any film from the surface. Cover and place in the oven to cook until the lamb is tender. (About 1-1/2 to 2 hrs.)
5. While the shanks are braising, make the Gremolata. Put chopped garlic, 2T chopped parsley and the lemon zest in a mortar and pestle and press until combined. Reserve for garnish
6. When the shanks are done, transfer them to a platter and cover with foil. Skim the fat from the braising liquid. Reduce the liquid by ½ or until it coats the back of a spoon. Strain the sauce into a clean pot, add the cooked shanks, cover and keep warm.
7. Serve on soft polenta or mashed potatoes with braising sauce and a sprinkle of Gremolata.

Napa Wine Company, 7830-40 St. Helena Hwy., Oakville, CA. (707) 944-1710  
Fume Bistro & Bar, 4050 Byway East, Napa, CA 94558 – For Reservations Call (707) 257-1999