



## UPPER REACH

handcrafted wines · swan valley

# Upper Reach Shiraz matched with Slow Roasted Lamb Shanks

This is Renee's recipe, its fantastic and very easy, impressive for a dinner party, an absolute treat after work. I prepare it in the morning, or the night before and only have to turn the oven on at lunchtime for dinner to be ready when I get home!

1-2 shanks per person  
Stock (powdered is fine)  
Upper Reach Red wine  
bay leaf  
orange zest  
1 cinnamon stick  
thyme  
2 teaspoons paprika  
bit of saffron or turmeric

Seal the lamb shanks, remove from pan, add onion, carrot & red capsicum to pan and saute

Put the shanks back into pan with the vegetables, add 1 to 2 cups of red wine and approx 2 cups of stock (I just use powder) -enough liquid to cover the meat, bring it to the boil, then throw into an oven proof dish, with other ingredients and slow cook it on 120/140 C for 4-6 hours (adjust temperature depending on long you're going to leave it).

Serve with mash, and green vegetables or salad.

## Perfect with our Shiraz