

Lamb Shank & Truffle White Beans

This recipe is for all lamb lovers and produces a fall off the bone dish with melt in your mouth flavors.

4-6 lamb shanks
2 tbsp olive oil
Salt and pepper
1 tsp rosemary
1 tsp fennel seeds
1 onion diced
2 cloves crushed garlic
2 cups chopped carrots
2 cups chopped fennel
1 cup white wine
1/2 cup chopped sun dried tomatoes
2 cans of white navy beans drained
1/4 cup truffle oil to drizzle

In a heavy bottomed pan heat the olive oil.
Sprinkle salt and pepper over the lamb shanks and place in pan to brown each side.
Remove from pan and place in slow cooker.

In the same pan add remaining olive oil and sauté onion, garlic. Add chopped carrots, fennel, rosemary and fennel seeds, cook for another five minutes.
Add white wine bring to a boil. Pour mixture into slow cooker and add sun dried tomato and navy beans.

Cook on low for 7-8 hours.

Plate on its own with French bread or over mashed or roasted potatoes. Drizzle truffle oil prior to serving.