



Thank you to everyone who has been calling to congratulate us on our recent success. To be included in the UK's Top 100 restaurants was simply incredible. To then be named as Devon's Best Restaurant by Taste of the West was the icing on the cake. Both awards come with the busy festive season just around the corner and really make us proud of the values we hold close to our heart. If you can't wait until Christmas, then why not come along on November 22nd for our gourmet Portuguese wine evening. Revered winemaker David Baverstock will be hosting the evening and Matthew and his team will be pulling out all the stops in the kitchen. [Please see the website for full details.](#)



Which? Good Food Guide Recommended



12 Months of Flavour

THE JACK IN THE GREEN INN

November 09

A lamb shank is cut from the shoulder and arm of a lamb and when cooked properly is wonderfully tender and simply magical to eat. After a long, lazy summer grazing on grass, autumn lamb is simply the best as the meat has a real depth of flavour. Slowly cooked, the sweet meat and melting fat of a shank makes it an excellent and inexpensive, easy one pot dish to serve on a cold autumn evening. Serve with loads of buttery mash.



Rockbears, Near Exeter, Devon EX5 2EE. Telephone: 01404 822240. www.jackinthegreen.uk.com

Braised Lamb Shanks

Serves 4



Ingredients:

4 lamb shanks
(approx 600g in weight each)
Salt and freshly milled black pepper
Glug of olive oil
1 large onion finely chopped
3 garlic cloves sliced
1 large carrot chopped
2 sticks of celery chopped
1 leek chopped
2 sprigs of rosemary
1 fresh bay leaf
1 tablespoon of tomato puree
250 ml white wine
750 ml chicken stock



Method:

1). Place a large casserole dish over a moderate heat. Add a little olive oil, season the lamb shanks and add to the pan. Seal the shanks on all sides until they are a good brown colour all over.

2). Remove the shanks and add a little more oil to the casserole dish. Add the onion, garlic, carrot, celery, leek and herbs and fry over a moderate heat for 5 minutes until brown in colour.

3). Stir in the tomato puree and cook for a further 3-4 minutes. Add the wine, stir, bring to the boil and reduce by half. Re-introduce the lamb to the pan. Cover with the stock. Cover with a lid and place in a hot oven (160 °C) for 2½ - 3 hours or until the meat is tender.

4). Remove the lid for the final hour of cooking so the liquor will reduce and the sauce will begin to thicken.

5). Remove the shanks from the oven and carefully take them from the pan and place them on a tray. Strain the remaining stock through a fine sieve into a sauce pan, boil and reduce until the desired consistency is reached.

6). To serve the lamb shanks, simply pour the sauce over with some good buttery mashed potatoes.

Tips:

Try enriching your sauce with a little redcurrant jelly.

Try adding some harissa paste and cinnamon to the stock and serve with roasted aubergines for a tasty Moroccan twist.

I like them served with roast Jerusalem artichokes or some pesto haricot beans.