

## Braised Lemon Rosemary Lamb Shanks with "Caramelized" Turnips

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*serves two*

- \* 2 lamb shanks,  $\frac{3}{4}$  to 1 lb each
- \* 2 medium turnips, cut into 1" cubes (approximately 4 cups)
- \*  $\frac{1}{2}$  lemon (zest and juice)
- \*  $\frac{1}{2}$  teaspoon sea salt
- \* 2" long rosemary sprig
- \*  $\frac{1}{2}$  cup water

1. Measure water into a 10" skillet. Into it, place the lamb shanks, and sprinkle them with the zest of  $\frac{1}{2}$  lemon.

2. Arrange the turnips around the shanks as evenly as possible.

3. Sprinkle the turnips and lamb with fresh rosemary leaves and sea salt.

4. Squeeze the juice of  $\frac{1}{2}$  lemon over everything.

5. Bring to boil over high heat, cover, and quickly turn down to simmer on low.

6. Check periodically that the water has not evaporated. During that time, as the meat shrinks while it cooks, gently rearrange turnips so that they are braising in the broth as the dish cooks.

7. After 2 hours, check the tenderness of the meat and lamb. At this point, the dish will have been cooked thoroughly and will be edible. However, you will get perfect flavor if you allow it to cook for another hour or so.

8. Check the turnips, lamb, and sauce level at 15 minute intervals for an additional 45 minutes to 1 hour, for a total of 2:45 – 3:00 cooking time. You do not want the water to run out entirely, though when the dish is done, you want a reduced, thickish, caramel-colored sauce at the bottom of the pan. Also, you're looking for the turnips to be totally infused with the taste and color of the sauce. If there is not enough water, the sauce and turnips will burn, rendering them inedible. But, if the sauce is too thin, it's won't be rich and flavorful enough, and the color and flavor will not saturate the turnips.

9. When the sauce is reduced and the turnips are a dark golden caramel color, the dish is done.

10. Enjoy hot!