



**Miele**

# Lamb shanks Navarin with mashed potatoes, peas and beans

By Miele

**25 minutes**

Preparation time

**2 hours 15 minutes**

Cooking time

**6**

Serves

## INGREDIENTS

### Lamb shanks

½ bunch parsley stems  
2 bay leaves  
4 thyme sprigs  
6 frenched lamb shanks, approximately 350 g each  
1 tbsp plain flour  
Salt flakes and pepper, to taste  
60 ml (¼ cup) olive oil  
100 g shallots, peeled  
1 brown onion, finely chopped  
½ celery stick, finely chopped  
1 carrot, finely chopped  
2 garlic cloves, roughly chopped  
2 tbsp tomato paste  
60 ml (¼ cup) white wine  
500 ml chicken stock  
1 bunch baby turnips, halved if large  
2 bunches baby carrots  
2 tbsp finely chopped parsley

### Mashed potatoes

1 kg floury potatoes  
40 g butter  
60 ml (¼ cup) cream  
250 ml (1 cup) milk, or more if desired  
Salt flakes and white pepper

### Buttered green vegetables

100 g shelled broad beans  
150 g green beans, cut into 3 cm lengths  
100 g fresh or frozen peas  
40 g butter  
1 tsp honey  
Salt flakes and pepper, to taste

## METHOD

### Lamb shanks

1. Make a bouquet garni by tying the parsley stalks, bay leaves and thyme sprigs with some kitchen string.
2. Place the shanks on to a plate, lightly dust in flour, season to taste.
3. Preheat a gourmet oven dish on high heat, induction setting 8, for 3 minutes.
4. Place the oil, shanks and shallots in the oven dish and cook for 10 minutes, turning occasionally, or until browned. Remove from the oven dish and set aside.
5. Reduce the heat to medium, induction setting 6; add the onion, celery, carrot and garlic, and cook for 5 minutes, or until the onions are translucent.
6. Add the tomato paste and cook for 1 minute. Add the wine and cook for a further minute. Transfer to a deep unperforated steam container.
7. Add the shanks, stock and bouquet garni to the steam container. Place into the steam oven and Steam at 100°C for 1 hour and 45 minutes, or until the meat is soft and tender.
8. Add the baby turnips, baby carrots and shallots to the steam container. Return to the steam oven and Steam for an additional 15 minutes. Stir through the parsley and season to taste.

### Mashed potatoes

1. Place the potatoes into a perforated steam container and Steam at 100°C for 40 minutes, or until very soft.
2. While the potatoes are cooking, gently melt the butter with cream and milk in a small saucepan over low heat, induction setting 3.
3. Remove skins and place the potatoes into a bowl or container and mash, stir through the butter and milk and season to taste.

### Buttered green vegetables

1. Place the vegetables into a perforated steam container and Steam at 100°C for 4 minutes, or until cooked to your liking. Transfer to a bowl and stir through the butter and honey. Season to taste.

### To serve

1. Serve the shanks with mashed potatoes and green vegetables.

### Hints and tips

- If using a combi steam oven, you don't need to transfer the shanks into an unperforated steam container and can continue to cook the shanks in the gourmet oven dish.
- Any green vegetables will work with this dish. Choose what looks best and is in season.
- This recipe makes a generous amount of mash because we love it! However, if you have any leftover, you could use it in several recipes found online including Michael Meredith's family fish pie.