



LAMB SHANKS STEW/SOUP WITH POTATOES AND CARROTS

2 nice lamb shanks
1 glass of white wine
1 onion
2 cloves garlic
5 grossly chopped potatoes
3 sliced carrots
1 cup of frozen/fresh green beans
4 to 6 cups of beef stock
1 dried bay leaf
2 tablespoons of dried mixed herbs
Salt and pepper
Extra virgin olive oil

In a big pot (slow cooker, pressure cooker) lightly brown chopped onion and garlic in olive oil. Add lamd shanks and cooked until brown. Add cup of white wine. Add potatoes, carrots, herbs, stock and cook for 2 hours or until meat falls off the bones. Add green beans 20 min before serving.

Serving suggestions: This recipe can either be a stew or a soup. Just add more stock if you want a soup. Sprinkle chopped fresh herbs when serving.

CAULIFLOWER AND BROCCOLI MASH

1 broccoli
1 cauliflower (you can also use mixed frozen packet)
½ cup milk or cream
Nutmeg
1 chopped clove garlic
Bunch of parsley
A little knob of butter
Salt and Pepper

Boil water. Add broccoli and cauliflower heads in pot. Simmer on medium to high heat until cook (15 min). Drain and set aside. In saucepan, fry garlic in a bit of olive oil. Add cauliflower/broccoli. Turn off the hob. Add milk, butter , salt, pepper and nutmeg. And mash the whole mixture. Taste and sprinkle fresh herbs.

Serving suggestions: With French lamb racks grilled with garlic, parsley and lemon juice.