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Slow-roasted Lamb Shanks with Creamy Ginger Potatoes

By Clodagh McKenna

Lamb shanks, when cooked slowly on a low heat, become so tender and juicy. You do need to prop them with lots of flavoursome ingredients, and I love these sweet and spicy cinnamon, chilli, honey and marsala flavours with mine. The ginger creamy potatoes add both soft texture and a subtle zing.

Serves 2

INGREDIENTS

2 tablespoons olive oil
1 onion, finely chopped
2 medium sweet potatoes, peeled and diced
1 teaspoon ground cinnamon
1 teaspoon chilli flakes
2 teaspoons ground ginger
2 garlic cloves, crushed
4 medium-sized lamb shanks

2 tablespoons clear honey
3 tablespoons Marsala wine
Sea salt and freshly ground
Black pepper

For the Potatoes

500g floury potatoes, such as Maris Piper, washed
70ml milk
30g butter
2 teaspoons freshly grated ginger

METHOD

Preheat the oven to 150°C/gas mark 2.

Heat oil in a casserole over medium heat. Stir in the onion, sweet potatoes, cinnamon, chilli flakes, ground ginger and garlic, cover and simmer for 5 minutes. Remove from the casserole and set aside.

Add the lamb shanks to the casserole and brown them on each side. Season with salt and pepper. Return the onion, sweet potatoes and spices to the casserole, along with 500ml cold water, along with the honey and Marsala. Stir, cover and bring to the boil.

Transfer the casserole to the oven and cook for hours.

While the lamb is cooking, prepare the potatoes. Place the potatoes, whole and unpeeled, in a large saucepan, with the largest potatoes at the bottom, and fill halfway with water. Cover and place over a high heat. When the water begins to boil, drain off about half, leaving just enough for the potatoes to steam.

When the potatoes are cooked (30–40 minutes, depending on their size), peel (hold them in a tea towel if they are too hot to handle) and place in a warm bowl.

Put the milk, butter and fresh ginger in a saucepan over a low heat. Stir to warm through the milk and melt the butter.

Pour the warmed ginger milk into the warm potatoes, season with salt and pepper and mash.

Spoon the creamy ginger potatoes onto 2 warmed plates and place the lamb shanks with the sauce on top.