

Adapted from [Recipes for Beef and Lamb](#).



## Rosemary and Honey Lamb Shanks

- 3-4 lamb shanks
- 3 T olive oil
- 5 garlic cloves, minced
- 6 shallots, diced
- 1 orange, grated and one half juiced
- 1 c dry white wine
- 2 T of honey
- 1 t of dried rosemary
- 1/4 c of chicken broth
- Salt and pepper to-taste

In a large skillet, heat oil over medium-high heat. Brown the lamb shanks on both sides in the oil. Remove and set aside. Add the garlic to the oil and sauté for 1 minute. Next add the shallots and the rind of the orange and sauté for another 5 minutes. Place the shanks back into the skillet and add the wine, honey, juice from half of the orange, rosemary, chicken broth and salt and pepper to taste. Cover the skillet with a tight-fitting lid and bring the heat down to low. Simmer the shanks for 2 to 2-1/2 hours, turning the shanks a few times and making sure the liquid remains near the original level (if the liquid goes down, add more chicken broth). Serve immediately over veggies or rice.