

Cooking Corner Tips To Help You

Make Fast Friends Over This Slow-Cooked Lamb

(NAPSA)—For many, cooler weather means it's time to gather family and friends together for a hearty meal.

Home-cooked meals, particularly recipes that rely on savory slow-cooking techniques, can leave the cook plenty of time to spend with the guests.

For example, this American Lamb Ragu Puttanesca combines rich American Lamb with seasonal herbs and vegetables in a slow cooker to yield delightful fall fare for everyone at the table. Serving fresh American Lamb can add variety and distinction to your menu, no matter the occasion.

American Lamb Ragu Puttanesca

Makes 4 to 6 servings

Prep time: 30 minutes

Cook time: 5 to 10 hours

- 2 tablespoons olive oil
- 4 American Lamb shanks
- Salt and pepper
- 2 cups diced onion
- 2 tablespoons chopped garlic
- ½ teaspoon red pepper flakes
- 1 cup dry white wine
- ¾ cup pitted, quartered black olives (such as Kalamata)
- ¼ cup drained whole capers
- 1 tablespoon anchovy paste
- 2 cups beef stock or broth
- 2 cups canned crushed tomatoes
- 2 to 3 tablespoons tomato paste (optional)
- Hot cooked rigatoni
- ¼ cup crumbled feta cheese
- 2 tablespoons chopped fresh parsley



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Heat oil in a large skillet over high heat. Season lamb shanks with salt and pepper. Brown on all sides in hot oil, remove from pot; set aside.

Drain off all but 2 tablespoons of fat from skillet, add onion, garlic and red pepper flakes. Sauté over medium heat for 6 minutes or until vegetables are tender. Add wine, olives, capers and anchovy paste; simmer until the liquid has almost evaporated. Transfer mixture to a large slow cooker; stir in stock and tomatoes, then add shanks. Cover and cook on high for 5 hours or low for 10 hours, or until meat is tender enough to fall off the bone. Remove shanks from braising liquid and set aside to cool. When shanks are cool enough to handle, shred the meat, discarding excess fat and bone. Add meat back to braising liquid, stirring to combine. Add tomato paste to taste to thicken sauce slightly, if desired. Warm gently over low heat and serve over rigatoni, garnished with feta and parsley.

Recipe and image provided by the American Lamb Board.