

Milly Hill: shank you kindly



Rowan's Lamb Shanks

Ingredients

1 tbs olive oil
 6 frenched lamb shanks
 2 red onions, sliced
 2 red capsicum, seeds removed, thickly sliced
 2 yellow capsicum, seeds removed, thickly sliced
 6 garlic cloves, crushed
 300ml white wine
 2 cups (500ml) lamb or beef stock
 10 vine-ripened tomatoes, quartered
 Leaves of one long sprig rosemary
 2 tbs chopped flat-leaf parsley
 Creamy mashed potato, to serve

Method

1. Preheat the oven to 180°C.
2. Heat the oil in a large ovenproof casserole over high heat and brown lamb shanks in batches to seal on all sides. Remove and set aside.
3. Reduce heat to medium and add onion, capsicum and garlic to the casserole. Cook, stirring, for about 5 minutes until vegetables start to soften.
4. Add wine, and stock, then return shanks to pan. Add tomato and rosemary and season with salt and pepper. Bring to the boil, cover, and roast in oven for two-and-a-half hours. Remove lid and cook for a further hour. Stir in parsley, reserving a little to garnish.
5. To serve, dollop mash into six deep bowls, sit a shank on top and spoon around some sauce and vegetables. Garnish with parsley.



Harvest

Rowan Tihema

MEAT, I love it. It's the centre piece of a meal, that hunk of protein that says main course. For many years my mother forced us to be vegetarian - the most unhappy years of my life.

We're spoiled for choice when it comes to meat in New England - Ebor Beef, Booma Boers Goat and top of the heap, Milly Hill Lamb.

Milly Hill has been mentioned to me more times than any other local product, it's testament to the affection people have for it that it comes up in conversation so regularly.

Milly Hill began in 2007 supplying home-delivered 'lamb in a box' to friends and family in the New England. As demand for premium lamb grew both locally and interstate, Peter recognised the need for a lamb brand exemplifying excellence in quality, consistency and reliability.

With winter officially upon us, the shanks in this week's recipe will keep you warm through the long winter nights to come.

■ Rowan Tihema is chef owner of Neram Harvest, a small restaurant at the New England Regional Art Museum. He is a passionate advocate of local food and the North Melbourne Football Club.