



Perthshire Lamb Shanks

This month we are delighted to have a recipe from Maciej Matyje, Chef at the Acarsaid Hotel, Pitlochry. Its full title is **Perthshire Lamb Shanks served with beetroot in a spiced honey dressing.**

Ingredients - Serves 4

- 4 Lamb Shanks (approx. 250g each)
- 4 Cloves of Garlic (Crushed)
- 1 Lemon
- 3 stalk Fresh Rosemary (Strip leaves from the stalk)
- 2 Bay Leaves
- Juniper berries (1 Tbs)
- Olive Oil 100ml
- 2 Large Beetroot (Boiled & Peeled)
- ½ Tsp Ginger (grated finely)
- 2 Tbs Honey
- 1 Tbs Butter
- 50 ml Kirsch (Or cherry Liqueur)
- 50 ml single cream
- Salt, ground black pepper

Method

1. Clean the shanks & pat dry with kitchen paper.
2. Prepare the marinade - olive oil, garlic, rosemary, bay leaves, salt & pepper and marinade overnight (or at least 3 hours).
3. With a slice of lemon on each shank, wrap tray in tinfoil & bake for 2-2.5 hrs at 140c
4. Form the Beetroot into individual balls, (a melon ball scoop makes it easy – or chop into bite size chunks).
5. Fry the beetroot in butter, add the Kirsch, grated ginger & honey (keep warm).
6. To finish the sauce use some of the cooking jus from the shanks, add to the warm honey & kirch reduction & reduce down more before adding the cream & aromatic beets.
7. Arrange the now cooked shanks standing in the centre of a warm plate, to finish pour over the sauce serve with crushed new potatoes & seasonal greens.
8. Enjoy!