



FROM THE KITCHEN OF CHEF MICHAEL FEKER

IL MITO is located at 6913 W North Avenue, Wauwatosa, WI 53213

## Lamb shanks topped with tear-drop tomatoes, peas and mint

### Ingredients

- 4 piece 12-14 oz lamb shanks
- 1 cup Flour
- 1 large onion diced
- 1 large carrots diced
- 1/2 head of celery diced
- 1/2 Cup olive oil
- 1 tablespoon Tumeric
- 1 Large bay leaves
- 2 tablespoons tomato paste
- 1/4 bottle Marsala
- 1/4 bottle Red Wine
- Water
- Salt and white pepper

### Directions

1. Season flour with salt and pepper. Heat half of the oil in a sauté pan. Dredge Lamb in flour then sear on all sides until golden brown.
2. Meanwhile, in a large roasting pan, sweat vegetables in the remaining oil until onions are clear. Add tumeric, bay leaves, tomato paste. Mix well then add the wine. Stir well.
3. Arrange lamb on top of vegetables. Add water to cover the lamb. Bring to a low boil.
4. Cook in a 325-degree oven for 3 hours, covered, or until shanks are falling of the bone.
5. Topping: sauté 1/4 cup peas and 1/4 cup tear drop tomatoes in 2 tablespoons extra virgin olive oil until the tomatoes are soft and have released their juices. Add 2 springs of chopped mint (leaf only) and add some of the lamb juices to bring to the right consistency. Pour over your shanks. Serve with some eggplant polenta.