

# MAKE THIS RECIPE STEP-BY-STEP

## INGREDIENTS YOU'LL NEED -

3 pounds Prairie Street  
Prime Kosher USDA Lamb  
Shanks

Freshly ground black  
pepper

Kosher salt

2 tablespoons extra-  
virgin olive oil, divided

4 cloves garlic, smashed

4 shallots, quartered  
lengthwise

1 large carrot, peeled  
and sliced 1-inch thick

1 stalk celery, cut into 1-  
inch pieces

1/2 teaspoon coarsely  
ground black pepper

1 cup dry Kosher red  
wine

3 cups low-sodium  
chicken stock

2-3 sprigs thyme or  
rosemary

8 pitted prunes,  
quartered

1 tablespoon tomato  
paste

- 1** To Prepare Your Kosher Braised Lamb Shanks with Polenta. Preheat your oven to 325F.
- 2** Preheat a heavy bottom, high rim skillet over medium to high heat. Meanwhile pat dry your lamb shanks and liberally season with kosher salt and freshly ground black pepper. Sear all sides of your seasoned lamb shanks in extra virgin olive oil. Once the desired crust forms, about three minutes per side, remove from the pot and allow to rest on a baking sheet.
- 3** Into your hot pot, add the remaining extra virgin olive oil, shallots, carrot, and celery, and allow to caramelize. Add your cinnamon stick, sprigs of either thyme or rosemary, and smashed garlic. After several minutes add the tomato paste to the pot and stir to coat the caramelized vegetables. Add your pitted prunes and return your seared lamb shanks. Deglaze the pot with your Kosher dry red wine and low-sodium chicken stock, bringing the liquid up to about halfway up the lamb.
- 4** Braise your Kosher lamb shanks in the covered pot at 325F for about an hour and half, until the meat is fork tender.
- 5** For the polenta, bring salted water to a boil in a saucepan and slowly whisk in the dried polenta. To finish the polenta, stir in non-dairy Kosher butter. Transfer the creamy polenta to an oiled sheet pan, spread into an even layer about 1-inch thick. Let cool and then move into the refrigerator to firm up before frying.
- 6** Once firm, slice into triangles and gently fry in a small pan.
- 7** Serve your Kosher braised lamb shanks with the fried polenta and freshly chopped parsley.

Bon Appétit!

1 cinnamon stick

1 cup polenta

1 tablespoon non-dairy  
kosher butter