

Greek Wine-Braised Lamb Shank “Cannelloni”

(Serve this as Moussaka, baked with a Bechamel Sauce and then rolled into “Cannelloni” using thinly sliced, grilled eggplant to hold the lamb filling)

Yield 12 servings

INGREDIENTS

WEIGHTS/MEASURES

For the Cannelloni filling:

Braised American Lamb shank, pulled (recipe follows)	1 pound
Eggplant, ground medium	6 ounces
Onion, minced	2 ounces
Garlic, minced	1-1/2 teaspoons
Bay leaf, whole	1
Cinnamon stick	1 (1-inch piece)
Allspice, whole	1
Plum tomato, cored and sliced	4
Tomato paste	2 teaspoons
White wine, dry	4 fluid ounces
Salt <i>and</i> pepper	to taste
Italian parsley, chopped	3 tablespoons
Parmesan cheese, grated	1/4 cup

Braised American Lamb Shank:

Extra virgin olive oil	2 tablespoons
American Lamb shanks	4 (1 pound)
Salt <i>and</i> freshly ground pepper	to taste
Garlic cloves, peeled	5
Carrots, sliced 1/4-inch thick	4 medium
Celery ribs, sliced 1/4-inch thick	4 medium
Onion, coarsely chopped	1 large
Syrah or Shiraz	750 milliliters
Water or lamb remouillage	1 cup
Bay leaves	3
Peppercorns	12

For Braised Lamb Shank: In a large enameled cast-iron casserole, heat oil. Season lamb shanks with salt and pepper; brown them on 3 sides over moderately high heat, about 4 minutes per side, developing color, texture and flavor. Add garlic, carrots, celery, onion and red wine to casserole; boil for 3 minutes. Add water; bring to a simmer. Add bay leaves and peppercorns.

Cover casserole tightly and transfer to oven; braise at 325°F, turning once, for about 1-1/2 hours, or until fork tender. Transfer lamb shanks to an ovenproof serving dish.

Degrease braising liquid. Using a fine sieve, strain liquid into a medium saucepan, pressing on the solids. Boil braising liquid over high heat until reduced to 1-1/2 cups, about 20 minutes. Season sauce with salt and pepper; pour about 1/2 cup over the lamb shanks, keeping remaining sauce warm.

Fork-pull the shanks; cover meat with sauce and cool in sauce. Refrigerate lamb shanks in sauce overnight. Cover and reheat at 350°F for 30 minutes, or until warm.

To serve: Place 1-1/4 ounces of braised lamb shank into a prepared eggplant slice; roll. Place 2 rolls per serving, seam-side down in each dish. Nape with a small amount of Béchamel Sauce; sprinkle with a pinch of parmesan cheese. Heat at 400°F until hot and lightly browned.

If desired, garnish with toasted pistachios, pistachio lemon oil and serve with tomato, basil, red onion and parsley salad.