



Fratelli Perata Winery

Fratelli Perata Braised Rack of Lamb

Traditionally this recipe called for lamb shanks, but when they are not available you have to improvise. We found a rack of lamb cut into sections works perfectly. There will be plenty of extra sauce left over, so plan for mashed potatoes, pasta, or maybe some good old polenta for the side. A lot goes into this dish, but it is a prepare it and forget it until it is done type of recipe. It also made a fabulous accompaniment to the Mafalda. The sauce and wine pairing is marvelous.

2 tbsp extra-virgin olive oil, divided	2 cups beef stock
Rack of Lamb, cut into sections of	1 1/2 cups red wine (we used a Merlot)
3 bones each (we had 3 sections)	14 oz passata (or tomato sauce)
1 large onion diced	2 tbsp tomato paste
6 cloves garlic minced	2 beef bouillon cubes crushed
2 large carrots, cut into 1/2 inch pieces	1 tsp fresh rosemary, finely chopped
1 parsnip, cut into equal size of carrot	2 tbsp fresh parsley, finely chopped
2 stalks of celery, cut into 1/2 inch pieces	2 bay leaves
1 pinch each, salt and freshly ground pepper	salt and pepper to taste
1/4 cup flour	

Preheat oven to 350 degrees F.

Pat lamb sections dry with a paper towel.

Heat 1 tbsp of oil in a heavy based pot or Dutch oven over medium-high heat. Sear the sections of lamb 1 to 2 at a time, don't crowd the pan. Transfer to a plate and tent with foil to keep warm and set aside.

Add onion, carrots, parsnip, and celery to pot and sauté until softened (about 3 minutes) then add in the garlic and cook for 1 minute. Return the shanks to the pot; season with salt and pepper. Sprinkle with flour, toss well and cook for 4 -5 minutes to brown the flour.

Add in stock, wine, puree, tomato paste, bouillon and herbs. Bring to a simmer on the stove top then cover and transfer to the lower part of the oven and cook for 2 1/2 hours. Meat should be tender and falling apart. Gently transfer the shanks onto a plate, tent to keep warm.

Return pot to stove top and discard bay leaves. Simmer sauce over medium heat until thickened.

Season to taste with salt and pepper and add lamb back to sauce. Plate and garnish with parsley, and serve with mashed potatoes and Mafalda.