Braised Lamb Shank with Herbed Farro & Roasted Garlic Yogurt

Red Wine Tomato Braised Lamb Shank

INGREDIENTS

- 2 lamb shanks (14–18 oz each)
- Kosher salt and cracked black pepper
- 2 tbsp olive oil
- 1 small onion, diced
- 1 carrot, diced
- 1 celery stalk, diced
- 1 tbsp tomato paste
- 1½ cups dry red wine
- 2 cups beef or veal stock
- 1 cup crushed tomatoes
- 2 cloves garlic, smashed
- 1 sprig rosemary
- 1 sprig thyme
- 1 bay leaf

DIRECTIONS

- Preheat the oven to 325°F. Season lamb shanks generously with salt and pepper. Heat olive oil in a heavy Dutch oven over medium-high. Sear shanks on all sides until deeply golden. Remove and reserve.
- Lower heat to medium. Add onion, carrot, and celery. Cook 8–10 minutes until soft and lightly caramelized. Stir in tomato paste and cook 1–2 minutes until brick red.
- Add red wine. Bring to a simmer and reduce by about half. Add stock, crushed tomatoes, garlic, rosemary, thyme, and bay. Return lamb shanks to the pot; liquid should come about ¾ of the way up the meat. Cover tightly and transfer to the oven. Braise 2½–3 hours, turning once, until fork-tender.

Herbed Farro

INGREDIENTS

- ⅔ cup farro, rinsed
- 1½ cups chicken or vegetable stock
- 1 tbsp olive oil
- 1 small shallot, minced
- 1 tbsp butter
- 2 tbsp chopped parsley
- 1 tsp chopped thyme
- Salt and pepper to taste

DIRECTIONS

- Heat olive oil in a small saucepan over medium. Add shallot and cook until translucent. Stir in farro; toast 2–3 minutes. Add warm stock, cover, and simmer for 25–30 minutes until tender. Drain excess liquid if needed. Fold in butter and herbs; season to taste.

Roasted Garlic Yogurt

INGREDIENTS

- ½ bulb garlic
- ½ tbsp olive oil
- ½ cup whole-milk Greek yogurt
- ¼ cup crème fraîche (or Greek yogurt if unavailable)
- ½ tbsp lemon juice
- Salt to taste

DIRECTIONS

- Heat oven to 375°F (190°C). Cut top off garlic bulb, drizzle with olive oil, wrap in foil. Roast 35–40 minutes until soft. Squeeze garlic into a bowl and mash. Whisk in yogurt, crème fraîche, lemon juice, and salt. Refrigerate; serve at room temp or lightly warmed.

ASSEMBLY

- Spoon warm farro onto plates. Place lamb shank on top. Glaze generously with reduced braising liquid. Add a spoon of roasted garlic yogurt alongside. Finish with cracked black pepper and a drizzle of olive oil.