

Lorne

Peter Hall, Lorne Restaurant

Lamb shank, fregola, peas, mint and goats cheese.

For me this dish is perfect for this time of the year. Now we all have so much time on our hands there's nothing more satisfying than something cooked low and slow. The rich and sticky lamb shank feels indulgent but served with a light and fragrant fregola salad it lightens everything up giving you a lovely spring dish. The mint pesto acts as a mint sauce almost to cut through the rich lamb and the goats cheese gives a beautiful salty kick.

- For the Lamb shank:
 - 2 Lamb shanks
 - 2 Onions
 - 1 Carrot
 - 2 Cloves garlic
 - 4 Anchovy fillets
 - 1 Rosemary sprig
 - 1 Bay leaf
 - 250ml Red Wine
 - 300ml Chicken stock
 - 200g Veal stock
- For the Fregola:
 - 200g Fregola or Giant cous-cous
 - 200g Peas
 - 200g Broad beans
 - ½ Bunch Mint
 - 100g Pistachios
 - 50g Capers
 - Rapeseed oil (or sunflower oil)
 - ½ Lime
 - 200g Ticklemore goats cheese (or a crumbly cheese)

1. Preheat the oven to 160°C/300F/Gas 4
2. Brown the lamb shanks in a pan with a little oil until golden brown and remove.
3. Roughly chop the onions, carrots and add to the pan get a little colour, then put the lamb back in along with the anchovies, garlic, bay leaf.
4. Add the red wine and reduce by half. Add the chicken stock till the lamb is covered and bring to a simmer. Now place a lid on the pan and place in the oven. Turn the lamb half way through and top up with stock if needed. If you can't get veal stock then add a little corn flour once the stock is reduced to a nice glazing consistency.
5. After 2 hours the lamb shanks should easily fall from the bone but if not cook a little longer.
6. Now remove the lamb and all the vegetables and herbs. Then reduce the cooking liquor with a little veal stock till thick and glazing consistency.
7. For the fregola. Cook this like pasta, so place in a pan of boiling salted water till cooked. Remove and drain all the water, add a little oil to stop the pasta sticking and place in a bowl to cool.
8. To make the pesto, place the leaves of mint, the capers, pistachios (most nuts will be fine to use if you can't get pistachios). Blitz with a little oil to make a smooth paste.
9. Mix the pesto into the fregola and add the peas and beans. Lastly crumble the goats cheese over the top and mix gently.
10. Finally add the lamb shank back to the sauce to reheat and glaze.