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Braised lamb knuckle with garlic, thym and rosemary

Ingredients for 4 persons

4 lamb knuckles (each approx. 400 g)
4 cloves of garlic
1 big carrot
½ celery
1 big oignon
3 twigs of thym
2 twigs of rosemary
salt (preferable seasoned salt from Robert Speth)
pepper
4 table spoons of olive oil
2 coffee spoons of tomato paste
4 dl red wine
4 dl stock of lamb (or stock of veal)

Preparation

Carrot, celery and oignon to be cut into very small dices (Brunoise). Squash garlic. Season lamb knuckles and sear in olive oil. Remove and put aside. Stew vegetables, add tomato paste and let roast shortly. Deglaze with red wine and stock of lamb. Add rosemary and thym twigs, then bring to boil. Insert knuckles and braise for 2 – 2 ½ hours in preheated oven at 160 degrees.

Enjoy ☺!

(Recipe: Marlise Bratschi)