

CAPRICIOUS VENTURES BOERS

Color, Conformation & Personality



Capricious Ventures Boers
489 76th Street, Boulder, Colorado 80303 – (720) 231-6311

Goat Meat Recipes from Our Table to Yours...

Braised Goat Shank

Adapted from Café Aion's Braised Lamb Shank, courtesy of Dakota Soifer and originally published in the *Daily Camera*.

Preparation: 30 minutes, plus 4 to 24 hours to marinate.

Cook time: 2 to 6 hours.

Ingredients:

- 1 lamb shank (2 pounds)
- ½ teaspoon cumin, ground
- ½ teaspoon coriander, ground
- Salt and pepper to taste
- 2 tablespoons olive oil
- 6 shallots, peeled but kept whole
- 3 carrots, roll-cut (we used baby carrots and just cut them into 1.5-inch sections)
- 8 cloves of garlic
- 1 sprig fresh rosemary
- 6 cardamom pods
- ½ teaspoon cumin, ground
- ½ teaspoon coriander, ground
- 1 cinnamon stick
- 2 chili de arbol or similar dried spicy pepper
- 1 tablespoon tomato paste
- ½ cup red wine
- 1 quart chicken stock

Directions (for best results, this is a three-day process):

Day 1: Season the shank with salt, pepper, and ½ teaspoon each of the ground cumin and ground coriander.

Day 2 (big day):

1. Preheat the oven to 325 degrees. Select a braising pot that is just big enough to hold the shank and has a lid and put the oil in it. Over a medium-high heat bring the oil to its smoking point, almost. Sear the shank to a dark golden on each side, about 4-5 minutes per side.
2. Remove the shank from the pan and add the vegetables. After 2 minutes, toss in the other spices, rosemary, and garlic, allowing them to toast and become aromatic in the hot oil. After an additional 5 minutes, stir in the tomato paste, coating everything and allowing it to lightly caramelize.
3. Dump in the wine, stirring vigorously, then add the stock. Return the shank to the pot and bring the whole mixture to a simmer. Put the lid on the pot and place it in the oven.
4. After 2 to 3 hours, check the shank. The meat should be tender, almost falling off the bone. Let the pot cool to room temperature and refrigerate overnight. Allowing the shank to cool and rest in the braising liquid lets the moisture and flavors re-enter the meat.

Day 3: When you are almost ready to eat, warm the lamb and liquid over medium heat, basting occasionally for 15 minutes. Café Aion suggests serving the shank with soft polenta and sautéed chard; we thought it was great with mashed potatoes, but it would be great with buttered noodles, couscous, or quinoa.

Serves 3 to 4 with side dishes
