

Mark's Kitchen

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Melt-in-Your-Mouth Lamb Shanks

This week's recipe comes from my friend and colleague [Dr. David Ludwig](#). Dr. Ludwig's recipes are totally in alignment with the way that I eat - low carb and plenty of delicious fats! This week we're bringing you melt-in-your mouth lamb shanks. The perfect recipe for this holiday season. Enjoy!

Ready in: 1 hour and 50 minutes

Makes: 4 servings

Ingredients:

- 4 medium lamb shanks (about 2½ pounds total)
- 1 cup red wine
- ½ cup water
- 1 bay leaf
- 10 whole black peppercorns
- ½ to ¾ teaspoon salt

Step 1: Place the lamb shanks in a deep skillet or saucepan. Add the red wine, water, bay leaf, and peppercorns. Sprinkle with the salt and bring to a boil over medium heat.

Step 2: Reduce the heat to medium-low, cover, and simmer, turning the shanks every 20 minutes, for 90 minutes or more, until the meat is tender and easily comes off the bone. Reduce the heat further or add a little water as necessary to keep the shanks from burning.

Step 3: Transfer the shanks to a serving plate. Cook the sauce over medium heat for 3 to 5 minutes more to thicken. Pour the sauce over the shanks and serve.

Nutritional analysis per serving: Calories: 442 • Fat: 30 g • Fiber: 0 g • Protein: 41 g • Carbohydrates: 1 g