

Estonian lamb shanks

Prepare — 30 minutes

Cook — 2.5-3 hours

Serves — 2

Ingredients

2 small lamb shanks	small bunch of parsley
1 Tbs plain flour	1 large potato or 12 baby potatoes
20ml vegetable oil	2 carrots, cut into 1cm slices on the diagonal
1 small onion, finely chopped	200ml lamb or chicken stock
2 tsp juniper berries, lightly crushed	half an orange, juice only
1 unwaxed lemon, zest only	1 tbsp soured cream or crème fraîche
strip of orange zest	100ml white wine (plus more if necessary)
2 bay leaves	salt and freshly ground black pepper

Method

- Preheat the oven to 180°C (160°C fan).
- Coat the lamb in flour.
- Heat 10ml of the oil in a large, heavy-bottomed frying pan. Sear the lamb on all sides until well browned and slightly crisp.
- Meanwhile heat the remaining oil in a large lidded casserole, add the onions and sauté for several minutes until soft. Add the juniper berries, lemon and orange zests, bay leaves and a large sprig of parsley. Stir for a minute or two, then add the lamb shanks, on their sides if possible. Add the potatoes and carrots.
- De-glaze the frying pan with a little stock and add to the casserole dish, then pour in the remaining stock and bring to the boil. Add the orange juice and season with salt and pepper. Cover and transfer to the oven. Cook for an hour and half, then remove the lid and cook for a further 30 minutes.
- Return the casserole to the hob and remove the lamb shanks, parsley sprigs and bay leaves. Add the sour cream and stir until well combined. Finely chop the leaves from the remaining parsley and stir in. Bone the shanks and return them to the casserole.

Serving

If you really need more carbohydrate on the plate than the potatoes in the dish, gnocchi would be preferable.

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