

Lamb Shank with Creamy Mashed Potatoes: Fork-Tender & Delicious

Lamb Shank with Creamy Mashed Potatoes



TIME
4-5 min

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INGREDIENTS

- 2 lamb shanks (about 1-1.5 lbs each)
- 1 tbsp of olive oil
- 1 onion, finely diced
- 3 garlic cloves, minced
- 2 cups of beef broth (low-sodium recommended)
- Salt and pepper, to taste
- Fresh rosemary, for garnishing (optional)
- 4 large potatoes, peeled and chopped (russet or Yukon Gold recommended)
- 2 tbsp of butter (for potatoes)
- 1/2 cup of heavy cream

Swaps and Notes:

Lamb Shanks: Choose good quality lamb shanks. They are ideal for slow simmering, resulting in tender, flavorful meat. Lamb shoulder (cut into large chunks) can be a substitute, but adjust cooking time.

Onion & Garlic: Finely diced onion and minced garlic provide an aromatic base for the lamb.

Beef Broth: Low-sodium beef broth is recommended to control the saltiness. Lamb broth or a mix of beef broth and red wine can add even more depth.

Olive Oil: For searing the lamb.

Potatoes (Mashed): Russet potatoes are excellent for fluffy mashed potatoes. Yukon Gold potatoes offer a creamier texture.

Butter (Mashed Potatoes): Unsalted butter is

preferred to control saltiness.

Heavy Cream: Essential for rich, creamy mashed potatoes. Milk or half-and-half can be used for a lighter version, but adjust consistency.

Salt & Pepper: Season to taste for both lamb and potatoes.

Fresh Rosemary: Adds a beautiful aromatic garnish.

Fresh thyme can also be added during the lamb simmer for deeper flavor.

DIRECTIONS

1. Let's cook this magnificent : Lamb Shank with Creamy Mashed Potatoes!
2. For the : Lamb Shank:
3. Sear the : Lamb: Begin by heating 1 tablespoon of olive oil in a deep pot or Dutch oven (a heavy-bottomed one is ideal for slow simmering) over a medium-high flame. Add the lamb shanks to the hot pot, searing each side for about 4-5 minutes until they achieve a beautiful golden-brown crust. This searing step is crucial for developing deep flavor. Remove the seared lamb shanks from the pot and set them aside on a plate.
4. SautØ Aromatics: In the same pot with the residual pan drippings, add the finely diced 1 onion and minced 3 garlic cloves. SautØ over medium heat, stirring occasionally, until the onions are clear and fragrant, about 4-5 minutes. Scrape up any browned bits from the bottom of the pot.
5. Simmer the : Lamb: Pour the 2 cups of beef broth into the pot, stirring well to combine with the sautØed aromatics and deglaze the pan. Bring the broth to a gentle simmer. Carefully reintroduce the seared lamb shanks to the pot. They should be mostly submerged in the liquid. Cover the pot tightly with a lid and let it simmer on low heat for about 2 hours, or until the meat is incredibly tender and easily falls off the bone. The long, slow simmer is key to perfect lamb shanks. Check for Tenderness: After 2 hours, check the lamb for tenderness. If not falling off the bone, continue simmering, checking every 15-20 minutes.
6. For the : Creamy Mashed Potatoes:

7. Boil the : Potatoes: While the lamb is simmering, prepare your mashed potatoes. In a large pot, bring plenty of salted water to a rolling boil. Add the 4 large peeled and chopped potatoes. Cook until they are very tender when pierced with a fork, roughly 15-20 minutes. Drain the potatoes thoroughly and return them to the empty pot.
8. Mash the : Potatoes: Incorporate the 2 tablespoons of butter and 1/2 cup of heavy cream into the drained potatoes. Using a potato masher, a fork, or an electric mixer, mash until they are smooth and creamy, with no lumps remaining. Season generously with salt and black pepper to taste.
9. Serve:
10. Adjust : Lamb Seasoning: Once the lamb is tender, adjust seasoning with salt and pepper to taste in the braising liquid.
11. Plate the : Dish: Dish out a hearty bed of creamy mashed potatoes onto serving plates. Carefully place one tender lamb shank atop the mashed potatoes.
12. Garnish: Spoon some of the delicious pan juices/sauce from the lamb over the lamb shank and mashed potatoes. Garnish generously with fresh rosemary sprigs or chopped fresh rosemary for a beautiful presentation and aromatic finish. Serve immediately!

SWAPS & NOTES

Lamb Shanks: Choose good quality lamb shanks. They are ideal for slow simmering, resulting in tender, flavorful meat.

Lamb shoulder (cut into large chunks) can be a substitute, but adjust cooking time.

Onion & Garlic: Finely diced onion and minced garlic provide an aromatic base for the lamb.

TIPS FOR SUCCESS

Sear Lamb Thoroughly: Don't skip searing the lamb shanks.

This creates a flavorful crust and adds depth to the braising liquid.

Low and Slow Simmer: The long, gentle simmer is crucial for tender, fall-off-the-bone lamb.

Resist the urge to increase the heat.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/lamb-shank-with-creamy-mashed-potatoes-fork-tender-delicious/>