

# Slow cooked lamb & pork ragout, casarecce and gremolata

## Made by Tessa and Willow

### Ingredients

2 - 3 x Lamb Shanks  
1 x Pork/bacon hock (this time i used Manuka smoked bacon bones as could not find pork hock because well you know #lockdown :))  
1 x large onion - diced  
1 x carrot - diced  
1 x celery stalk - diced  
4 x cloves of garlic - finely chopped  
2 x tblspns Herbs - Thyme, rosemary, sage, oregano - finely chopped  
1 x tblspn Molassas  
1 x tin diced tomatoes  
Beef stock - will need enough so meat is covered in liquid in pan  
Small pasta - I like casarecce or fusilli  
1 x cup Red wine  
Salt and Pepper

Gremolata - mix all together  
3 x cloves garlic - finely chopped  
Handful of coriander - roughly chopped  
Handful of mint - roughly chopped  
Zest of one lemon - finely chopped



### Method

- Heat oil in a heavy based pan that can go in the oven
- Brown lamb shanks and pork hock, do in batches then remove and set aside
- In the same pan add abit more oil, sauté onion, carrot and celery on a medium to high heat (add one at a time and cook for a few minutes before adding the next)
- Once these are cooked down, add in garlic and herbs, cook for a further 3 - 4 minutes
- Add molassas, stir through well and cook for a minute
- Pour in red wine, cook until it reduces
- Add tinned tomatoes and salt & pepper, stir
- Return lamb shanks and pork hock to pan, stir to coat
- Pour in beef stock, put in enough so liquid level just about covers the meat. Bring to boil
- Put lid on pan and put in oven (150 °C) walk away and come back in 3 hours
- Remove from oven, check meat pulls apart with fork
- Remove shanks and hock from liquid
- Pull meat apart with forks and discard bones, while pulling meat put liquid on medium to high heat and reduce/thicken sauce, stir regularly
- Return pulled meat to thickened sauce, taste and season with salt and pepper and lemon juice. Remove from heat.
- Cook pasta and strain
- Stir pasta through meat sauce
- Serve with gremolata on top and glass of wine beside

