

BOB

'S RECIPES

LAMB SHANK OVER WARM QUINOA-CRANBERRY SALAD

by Bob the Chef

INGREDIENTS

- 45 ml (3 tbsp.) vegetable oil
- 45 ml (3 tbsp.) butter
- 4 lamb shanks
- 1 amber beer (341 ml)
- 1 clove garlic
- 1 carrot, cut in half
- 1/2 onion
- 1 fresh bay leaf
- 1 clove garlic, minced
- 250 ml (1 cup) of quinoa
- 625 ml (2 1/2 cups) water
- Dozen kale leaves, chopped
- 125 ml (1/2 cup) dried apricots
- 125 ml (1/2 cup) cranberries or other dried fruits
- 125 ml (1/2 cup) whole almonds
- 80 ml (1/3 cup) fresh parsley, chopped
- 45 ml (3 tbsp.) olive oil
- Salt and pepper to taste

INSTRUCTIONS

1. Melt the butter and heat the oil in a pan over medium heat, than sear both sides of each flank
2. Place in an ovenproof dish and add the beer, garlic, carrots, onions and bay leaf
3. Cover with aluminium foil
4. Grill in the oven at 180 °C (350 °F) for about 2 hours
5. Set aside
6. Splash some oil in a pan over medium heat and brown the garlic clove (about a minute)
7. Add the quinoa and continue cooking while stirring for another minute
8. Add half of the water and stir until it's absorbed by the quinoa
9. Add the rest of the water and the kale and let simmer while stirring occasionally
10. Once the quinoa is ready, serve it in a bowl
11. Stir in the dried fruits, almonds, parsley and salt and pepper
12. Serve in individual bowls topped with the shanks and some of the drippings



PREPARATION TIME: 20 minutes



BAKE: 2h30



SERVES: 4



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