



Thinking of you
Electrolux



RECIPES by
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MAIN COURSE

SURF AND TURF LAMB SHANK

Once you've learned and mastered the basics you can pretty much create your own versions or your own recipes. But don't tamper too much with the classics- they are called that for a reason. Being bold is one thing but try not to go overboard. Here's one dish where you can get your creative juices flowing.

INGREDIENTS

Lamb Shank

500 g	Lamb shank
to taste	Salt and pepper
	Oil
25 g	Onions, cut into 1-inch pieces
10 g	Garlic, chopped
75 g	Carrots, cut into 1-inch pieces
50 g	Celery, cut into 1-inch pieces
1 tsp	Tomato paste
100 g	Whole peeled tomatoes
1 liter	MOS soup base for chicken hot pot
2 sprigs	Oregano
2 sprigs	Thyme
4 g	Basil

Prawns

500 g	Prawns
50 g	Butter
20 ml	Oil
25 g	Garlic, chopped
1/2 tsp	Chili flakes
1/2 tsp	Tomato paste
20 g	Bird's eye chilis, sliced
30 g	Leeks
15 ml	Calamansi juice



PROCEDURE

Season shanks with salt and pepper then brown in a thick-bottomed pan. In a large pot, saute the aromatics in oil for 2 minutes using your Electrolux cooking range. Add tomato paste and cook for 2 minutes to remove the acidity. Place browned shanks, then pour in tomatoes and chicken stock. Add remaining ingredients and bring to a boil. Lower heat and simmer for 2 hours, or until meat is very tender.

Peel prawns but leave heads intact. Devein, rinse, and set aside. In a saute pan, melt butter with oil.

Cook garlic and chili flakes until garlic is golden brown. Add tomato paste, chili, leeks, and prawns. Cook for 2 minutes. Deglaze with calamansi juice. Season with salt and pepper. You can also add some sugar. In a large platter, place braised lamb shanks on one side. Garnish with thyme and oregano leaves. On the other side, plate up prawns with its sauce, making sure the sauces do not run into each other. Garnish prawns with toasted garlic and chilis.