

Main course for 4
Preparation time: approx. 25 min.
Marinade time: approx. 30 min.
Low-temperature roasting: approx. 1¼ hrs
Energy per serving: approx. 1,500 kJ/359 kcal



ALPINE LAMB

3	lamb shanks (approx. 250 g each)
75 g	stoneless prunes
40 g	walnuts
3 tbsp	Appenzeller Alpenbitter
	Oil for frying
½ tbsp	mustard
½ tbsp	groundnut oil
½ tbsp	Worcestershire sauce
½ tsp	Salt
A little	freshly ground pepper
2 dl	meat stock
1 tbsp	Appenzeller Alpenbitter
	Salt and pepper to taste



Preparation

Remove meat from fridge approx. 30 min. before browning. Preheat oven to 80 degrees, warm tray and plates. Roughly chop prunes and walnuts, combine with Appenzeller Alpenbitter and marinate for approx. 30 min. Cut a side pocket in each lamb shank, fill with the prune mixture and seal with a toothpick.

Heat oil in a frying pan, reduce heat, brown meat on all sides on a medium heat for approx. 12 min., remove. Combine mustard with oil and Worcestershire sauce, cover meat with this mixture, season.

Place meat on warm tray. Low-temperature roasting: approx. 1¼ hrs in the middle of an oven preheated to 80 degrees (core temperature, meat: approx. 55 degrees. Keep warm: approx. 30 min. at 60 degrees). Pour meat stock into pan and combine with cooking juices, boil down liquid to approx. half. Add Appenzeller Alpenbitter, season. Slice alpine lamb and arrange together with sauce.

Serve with polenta.