

# Lamb Shanks in Lemon Sauce

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## Ingredients:

4 lamb shanks (about 3lb).  
1 cup of water and  $\frac{1}{4}$  cup of water.  
1 tablespoon of lemon juice.  
1 tablespoon of potato starch.  
1 teaspoon of salt.  
1 bay leaf.  
1 large onion, finely chopped.  
1 clove of garlic, minced.

## Preparation:

In a heavy casserole dish, brown the lamb shanks, then push the lamb to one side of the dish.

Add the chopped onion and minced garlic; saute until soft.

Stir in 1 cup of water, lemon juice, bay leaf and salt.

Cover and allow to simmer for 3 hours or until tender.

Remove the meat and keep hot.

Blend the potato starch with  $\frac{1}{4}$  cup of water. Stir into the pan liquid.

Cook, stirring constantly, until the gravy thickens and boils for 60 seconds.

Remove the bay leaf and serve.