

Shenandoah Vineyards

SHENANDOAH STYLE LAMB SHANK

1 Lamb shank per person	Cloves of Garlic (1-2 per shank)
1 Large Onion Chopped	2 Cups Sauvignon Blanc
Olive oil	

Wash lamb shanks and trim fat. Insert garlic cloves next to bone. Drizzle pan with olive oil and brown both sides of the shanks on medium heat. Add the chopped onion and 2 cups of **Shenandoah Sauvignon Blanc**. Cover and simmer for 1-1 ½ hours until tender.

Serve with rice or couscous.

Based on a recipe by Patricia Cope