



## Braised Lamb Shank with Farro Piccolo

Difficulty: Easy

Wine Pairing:

Loup

Servings: 4

Ermitage du Pic St. Loup 2004 Coteaux du Languedoc Pic Saint

### Ingredients

4 each	Lamb shanks
1 bunch	Fresh Thyme
1 cup	Meat Stock
1 teaspoon	Green peppercorns, crushed
1 cup	Red wine
1/4 teaspoon	Kosher salt
1 tablespoon	Oregano
2 cloves	Garlic, minced
1 tablespoon	Rosemary
1 cup	Farro Piccolo

### Method of Preparation

1. Place lamb shanks in a slow cooker with meaty ends down. In a small bowl, combine wine, stock, oregano, rosemary, peppercorns, salt and garlic. Pour mixture over lamb.
2. Cover and cook on LOW 7 to 9 hours or until meat is tender.
3. Remove meat from bones and discard bones. Return meat to cooker. Increase heat, add farro, cover and cook for 1 hour.