

# LAMB SHANK PIE

@tahuna reef RESTAURANT



Photos: Bryce Zhang

Lamb shanks are a popular dish but a common complaint is that they are messy to eat! Taking the meat off the bones and making a pie with it is a great way around the problem.

The following recipe is very simple but it can be personalised by adding your own choice of herbs, garlic or red wine.

The important factor is the long, slow cooking to bring out the flavours in the various ingredients. All the goodness from the vegetables and meat is retained in the stock that is used for the gravy.

Collin prefers to serve the pie with scalloped potatoes, green beans and onion jam, as in the photo. However, at Tahuna Reef you have the option of choosing from several different side dishes to accompany the pie; the lamb shank pie itself can have mushrooms or oysters added to it for extra oomph!

## A hearty dish from head chef COLLIN MCCOOL

### INGREDIENTS

- |                      |                         |
|----------------------|-------------------------|
| 4 lamb shanks        | 4 stalks of celery      |
| 500 gm oxtails       | 2 Tbsp chopped rosemary |
| 1 Ltr beef stock     | 1 Tbsp chopped thyme    |
| 1 Ltr water          | 30 gm cornflour         |
| 3 large carrots      | 4 sheets puff pastry    |
| 4 large white onions | Salt and pepper         |

### METHOD

Preheat oven to 160°C. Wash all veges. Peel carrots and onions. Roughly cut all veges and lay out on the bottom of an oven-proof dish.

Place the shanks and oxtail over the bed of vegetables. Add the stock and water. Sprinkle with herbs and a light seasoning and cover dish with lid or tinfoil. Place in oven.

After two hours turn the shanks and oxtails and cook for another two and a half hours. Remove from oven, separate meat from vegetables and stock.

Remove the meat from the bones while still warm. Discard the bones. Allow the veges and stock to cool overnight in the fridge.

Remove the fat from top of stock and veges. Purée the stock and veges, place in a pot and bring to the boil.

Dissolve cornflour in 15ml cold water and stir in to the boiling gravy. Simmer, stirring all the time until thickened. Taste and adjust seasoning if required.

Divide meat into four individual oven-proof bowls (or one large one if preferred) and top up with gravy.

Cut pastry to fit, making sure that you allow an overhang of approx 3cm. Place over the top of the bowls. Brush the pastry with a beaten egg (optional) and pierce pastry with a fork to allow steam to escape. Bake for about 15 minutes at 200°C, until pastry is crisp and golden. ■



**Schnappa Rock**

TUTUKAKA • NEW ZEALAND

TELEPHONE 09 4343 774

**HARVEST WHOLESALE**  
Delivering Quality Produce

- Quality produce received fresh everyday
- Prompt delivery
- Locally packed potatoes and onions
- Suppliers to cafés, restaurants, hotels, resthomes and schools
- Large and small orders for weddings, school camps, hangis, etc welcome

**Open 7am - 4pm, Monday - Friday**  
**Finlayson Street, Whangarei.**  
**Phone (09) 4388244**  
formerly Bindon and Powell

This voucher entitles the bearer to ]

# 1 FREE DRINK

of tap beer, house wine or non-alcoholic beverage when purchasing a main meal at Vie Restaurant.

Conditions: One voucher per table.  
Offer expires 31 May, 2009

Come and try our sumptuous new menu

Waverley Street  
Onerahi, Whangarei  
Phone: 09 436 2107

**BOOK NOW FOR MOTHER'S DAY AND MID-WINTER CELEBRATIONS**

**Tahuna REEF**

Open Tues-Sun til late • Brunch, Lunch & Dinner  
Quayside Town Basin • Phone 09 4386873