

# Italian Lamb Shanks

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## **Ingredients:**

- 1 cup Italian dressing (you can use any brand)
- 4 lamb shanks (each about 12 ounces)
- ½ cup grated Parmesan cheese
- ¼ cup all-purpose flour
- 1 tablespoon dried parsley flakes
- ¼ teaspoon salt
- ½ onion powder
- 1/3 cup shorting

## **Directions:**

Pour dressing on lamb shanks in shallow glass dish. Cover and refrigerate, turning lamb occasionally, at least 5 hours.

Remove lamb, reserving the marinade. Mix ½ cup cheese, the all-purpose flour, parsley, salt and onion powder. Coat the lamb with the cheese mixture, reserving remaining cheese mixture.

Heat shortening in a 12-inch skillet or Dutch oven until melted. Cook lamb in hot shortening, turning occasionally, until brown; reduce heat to medium-low. Sprinkle remaining cheese mixture over lamb. Add reserved marinade. Cover and simmer, turning occasionally, until tender, approximately 2 ½ hours. Serve with additional parmesan cheese.

## **Tips & Tricks:**

Garnish the lamb with fresh rosemary sprigs.