

Gemsbok shanks “osso bucco” style:

Ingredients

- 6-8 pieces of gemsbok shanks
- Sea salt
- Black pepper
- 5 ml dry coriander seeds (coarse)
- 10 ml dried rosemary
- 5 ml dried oregano
- Olive oil & Butter
- 2 glove of garlic freshly chopped
- 1 red and 1 yellow pepper
- 250 gr fresh mushrooms
- 2 onions chopped
- 250 ml red wine
- 2 x 400 gr tins of tomatoes

Method

- Fry the shanks in a hot base pan (oil and butter) until brown.
- Season shanks with spices.
- Place shanks in an oven dish
- Fry red & yellow pepper, mushrooms, garlic and onions in pan. Add spices, red wine and 2 tins of tomatoes.
- Pour sauce over shanks in oven dish.
- Cover with foil and bake in oven for 3 – 4 hours at 170 degrees until soft.
- Serve with brown lentil rice or couscous.